

HATS OFF at Andover High School

By Neil Fater

Baseball may be America's pastime during July and August but come fall, Andover High School's boys (and girls) of summer will have to hang up their hats — literally.

A change to the Andover High student handbook has banned the wearing of baseball caps in school.

The decision was made by a High School committee that worked on the 1996-1997 student handbook. That handbook was subsequently reviewed by the school council and approved by the School Committee in June.

Regardless of whether they wear hats to school themselves, many students are not happy with the decision to ban ball caps.

"They're worrying about that when the school is not even finished and there are people smoking in the bathrooms," said student Scott Ciruso. "They're worried about hats. That should be the least of their worries."

(Continued on page 26)

Andover man drowns in Maine canoe accident

By Don Staruk

A 1987 Andover High School graduate apparently suffered a seizure and drowned Sunday morning, Aug. 4, while canoeing on the Ossipee River in Parsonsfield, Maine.

Richard John Martin, 29, of 49 North St., was canoeing with a 9-year-old nephew when the accident occurred, according to Maine Fish and Game Warden Galen Hall, who investigated the incident. The nephew was not hurt. [A complete obituary is on page 25.]

Mr. Martin was staying at a camp with his mother, Rosemarie Martin, with whom he lived, and Ms. Martin's fiancé, John Moran, on the river about 100 yards from the site where the canoe flipped, according to Warden Hall.

(Continued on page 11)



Architectural drawings show what Marriott International's assisted-living complexes look like.

Marriott plans assisted-living complex here; town first needs bylaw change

By Don Staruk

If a zoning amendment to allow assisted living complexes in Andover's residential zones is approved at a Special Town Meeting this fall, Marriott International Inc. hopes to begin construction on one such facility here by the spring of 1997.

Marriott has pending agreements with landowners that could allow it to construct a 115-unit assisted-living facility at the northeast corner of High and Haverhill streets, near the North Andover line.

Marriott proposed a bylaw change for Town Meeting last spring, but withdrew it at the request of town planners prior to Town Meeting, with the agreement that planners would put forth their own version of a bylaw amendment at a Special Town Meeting this fall. Planners have been working on that proposal and expect it to be ready in the next couple of months.

A Special Town Meeting will be needed this fall anyway to address changes to the town's solid waste disposal contract with the operator of the trash-to-energy plant in North Andover. Selectmen are considering scheduling the meeting for Wednesday, Oct. 23, and will likely set a date at their next meeting, Wednesday, Aug. 14.

J. W. Marriott Jr., chairman of the board and president and son of the founder of Marriott, was in Andover Wednesday, July 31, to tour the company's two hotels here, Andover Marriott on Old River Road and Courtyard by Marriott on Campanelli Drive. Then, last Friday, Aug. 2, at a press conference in Boston, Mr. Marriott and other corporation officials talked about Marriott's expansion into assisted living services here and elsewhere. The meeting was hosted by Robert J. McCarthy, of

The average cost for units would be \$2,500 a month. In Massachusetts, the average cost of assisted living is between \$1,800 and \$4,000 a month, according to the Massachusetts Assisted Living Association.

Andover, Northeast regional vice president of lodging for Marriott. Marriott employs nearly 7,000 people in Massachusetts, according to Mr. Marriott, including at hotels and in food-services organizations at colleges and universities, Logan Airport and two Boston hospitals.

(Continued on page 27)

WINGS MARCHING BAND

**Something
is coming
Sept. 15...**



Photo by Don Staruk

Cadet First Lt. Stephen Mackey, 17, of Sagamore Street, third from left, assumed command of the Essex County Composite Squadron of the Massachusetts Civil Air Patrol during a ceremony Monday night, July 29, at Memorial Hall Library. First Lt. Mackey was also promoted from second lieutenant to first lieutenant that night. At left is Cadet First Lt. Allen Mackey of Andover, Cadet First Lt. Stephen Mackey's twin brother, who also was promoted from second lieutenant and to cadet deputy commander of the squadron. Cadet First Lt. Daniel D. Taylor of Elysian Drive, second from left, relinquished command of the squadron to Cadet First Lt. Stephen Mackey. At far right, Major Donald J. DesFosse, Mass. wing director of senior programs and former Essex County composite squadron commander, pins the new grade insignia on the new commander. All three Andover cadet first lieutenants take flying lessons at Lawrence Airport.

TOWN TALK

Fore the children

By Neil Fater

One might have thought the banners celebrating the 100th running of the Boston Marathon would have lost their usefulness by now. Not so.

Advertising executive and former Andover resident Meredith Maren believes such collectibles will benefit many children and young adults by raising money for Needham's Walker Home and School.

The Walker Home and School is a non-profit organization that provides education and treatment for emotionally, behaviorally- and learning-disabled students aged 3 to 22. To raise money for the organization, there will be a pro-am golf tournament called "Fore...The Children" Aug. 19. Ms. Maren has been busy collecting items that will be auctioned and raffled off as part of the evening activities that day.

"One thing we're hoping will get a lot is some memorabilia from the 100th Boston Marathon" such as the banners that lined the race course, she said. "You can't really buy it (in stores). We're hoping that stuff will get the greatest support."

Ms. Maren, vice-president of Hill, Holliday, Connors, Cosmopolis, said she became involved with an Aug. 19 Walker fund-raising event "Fore...The Children" because her client, John

Hancock Funds, is a co-sponsor.

"They asked me to be on (the committee) and I was more than happy to help out," she said. "Then I went to Needham and met some of the kids and that really solidified my commitment to want to do something."

"I saw some of those real little kids. It was really emotional to see some of the situations they're in," she said.

Ms. Maren said she contacted a number of her former clients who donated items such as gift certificates, Red Sox tickets and golf equipment.

Ms. Marden, who grew up in Andover, is the daughter of Bill and Barbara "Bunny" Maren of Oriole Drive.

Stressed parents of the bride

If you phone Susan and Paul O'Neill of Argyle Street these days you'll get an interesting message if they're not home: "Hi. You've reached the parents of the bride. We can't come to the phone right now because we're in therapy. Leave a message and we'll get back to you when we get home."

The O'Neills' daughter, Kim, is marrying Ted Estelle, originally from Southport, Conn., but now of New York City, where Kim lives too. Their wedding is in the fall. Best wishes to all, and good luck to the parents!

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NEWS IN BRIEF

Stop smoking without insults, nags, threats

Holy Family Hospital and Medical Center, 70 East St., Methuen, will present "Stop Smoking, One Day at a Time," the no-nag, no-threat, no-shame, no-guilt, no-insult "do-it-your-way approach" to stop smoking Tuesday, Aug. 13, from 6:30-8:30 p.m. This treatment and recovery program for nicotine dependency also offers information on stress, weight management and relapse prevention counseling.

The session will conclude with self hypnosis and guided imagery. The session costs \$15. An optional "Do it your way kit," including hand-out materials and a self-hypnosis tape will be available for \$10. Preregistration is preferred. Call Patty Crafts of Healthy Communities Tobacco Coalition in Andover at 470-2432.

Cholesterol clinic is Wednesday, Aug. 14

The Andover Board of Health will hold a cholesterol screening clinic on Wednesday, Aug. 14, from 9 a.m. to noon, for Andover residents only. An appointment is necessary.

The simple fingerstick test for total

cholesterol costs \$5 and does not require fasting. The program includes dietary counseling by the public health nurse and referral to your private physician for follow-up care as needed.

For further information or an appointment, call the health department at 623-8295.

Rep. Coon plans local office hours Aug. 16

Rep. Gary Coon, R-Andover, will hold local office hours Friday, Aug. 16, at Northern Essex Community College Lawrence campus from 9 a.m. to noon and at Memorial Hall Library from 1 to 4 p.m.

Rep. Coon will answer questions and discuss issues of concern to the constituents of his district. No appointment is necessary.

For more information, email Rep. Gary Coon at gary.coon@house.state.ma.us or call Rep. Coon's Boston office at (617) 722-2100.

Health clinics are for the elderly here

Home Health VNA, a United Way-funded agency serving the Merrimack Valley and Southern New Hampshire, offers free elderly health clinics throughout the Merrimack Valley.

Clinics will be held Monday, Aug. 19, at Andover Commons, and Monday, Aug. 26, at Frye Circle, from 1 to 3 p.m. both days.

Call the health department at 623-8200 or Home Health VNA at 373-1141, Ext. 3150, for further information.

Blood drive set for today, 10a.m.-8p.m.

The American Red Cross will hold a

blood drive Thursday, Aug. 8, at Old Town Hall, also known as the Town House, 20 Main St., from 10 a.m. to 8 p.m. To schedule an appointment, call 1-800-462-9400, Ext. 2072.

The blood supply is at critically low levels. Kim Cronin of the American Red Cross said, "People need blood every two seconds. People battling cancer, premature babies, people undergoing transplant or other surgery all depend on the generosity of others in the community. Their lives depend on you giving blood."

It is hoped that 200 people will give blood on Aug. 8. The largest blood drive in Andover in recent history has been 170 donations.

Group is for those helping aging relatives

If you are involved in helping a parent, spouse or other aging relative manage to carry out the tasks of daily living, Marland Place Assisted Living Community at 15 Stevens St. invites you to attend a monthly caregivers support group. Each month a different topic will be presented, followed by discussion and refreshments. The August topic is "Stress Management for Caregivers," presented by Judy Lutzenberger, director of community relations at Marland Place. Groups will meet Wednesday, Aug. 28, from 7 to 9 p.m. or Thursday, Aug. 29, from 1 to 3 p.m. Call Ms. Lutzenberger at 475-4225 to register for either group.

Quote, unquote . . .

'Often times I found just holding their hand and saying they were fine was better than any medicine that I could give them,"
Robert Schreiber, geriatrics doctor, page 4

'On that bright Saturday afternoon when my dear son Peter kissed me and said goodbye, little did I know that it was for the last time."
Mary Ann Afarian, in a letter, page 31

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Townsmen seeks two interns for the fall

The *Townsmen* is looking for two interns.

Interns file stories, check facts, proof read pages, do research and write stories. Interns are often students who receive credit for their work with the newspaper.

The *Townsmen* hopes for a 20-hour a week commitment from its interns. Call Editor Perry Colmore or Assistant Editor Jack Grady at 508-475-1943.

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Elders' doc believes in healing touch of teamwork

By Neil Fater

As one of only two Merrimack Valley physicians with a specialty in geriatrics, Robert Schreiber knows the elderly need more concerned people in their lives - and not just more doctors.

The newest member of Andover's Council on Aging, Dr. Schreiber said many different community groups and individuals need to provide a safety net for the elderly, particularly since the senior population continues to grow and Medicare resources continue to dwindle.

"In elder issues isolation is a real problem," said Dr. Schreiber, the medical director at Lahey Hitchcock/Harvard Health's office in North Andover. "They need to have something to look forward to, a reason for living."

"Often times I found just holding their hand and saying they were fine was better than any medicine that I could give them," he said. "You find in the geriatrics (profession) a lot of the issues are not medical issues, they're social issues."

Because many of the problems seniors complain about to their doctor are linked to social issues such as a lack of nutrition or home safety, Dr. Schreiber said he is often in touch with a web of elder-care agencies and support groups. He also believes the involvement of a friend, family or community member can have a significant impact in the life of a senior.

But then, Dr. Schreiber doesn't seem to dismiss the possible health benefits of things typically considered outside the realm of modern medicine.

As a medical student, Dr. Schreiber said he saw a native American medicine man, Rolling Thunder, perform healing procedures that baffled doctors searching for an explanation.

"There was a healing power that he had. Absolutely, without a question. There was just something that I could feel and was aware of. Other people (in the medical profession) felt it too," he said. "It still sticks in my mind very vividly. Probably always will, too."

Then, there was the time he had a feeling there might be something wrong with a



Photo by Neil Fater

Robert Schreiber consults with his patient, Blanche Killinger of Bradford.

patient of his who suffered from a strangulated hernia. Although the man appeared to be fine, Dr. Schreiber went to the hospital and found free air in the patient's abdomen, a serious abnormality.

As the patient was being rushed to the operating room, Dr. Schreiber looked into the man's worried eyes and told him, "We're going to get you through this."

"I believe you," the man said.

Although the man came close to death and was on a ventilator for some time, he did recover.

"The only thing I can think of is he believed he would make it," said Dr. Schreiber.

Dr. Schreiber puts stock in the healing power of a friendly touch or interested attention.

"Can that be measured? I don't know. But if you talk to any

physician, they would tell you they've seen things they can't explain," he said. "We only know how 10 percent of the brain works...We just don't understand how it all works."

However, according to Dr. Schreiber, one doesn't have to be a mystical or practical medicine man to make a difference in the quality of an elder's life.

"I think in older people that healing power (of interaction) works incredible wonders. It doesn't always work (but) that bond is something very special. It may be the extra dose of medicine that money can't buy," he said. "I had a patient the other day who, just by moving in with his daughter and getting three meals a day, a lot of his aches and pains and muscle cramps went away."

The doc's background

Dr. Schreiber attended Dartmouth College in Hanover, N.H., and Hahnemann Medical College in Philadelphia before working in Danbury, Conn. In October, he and his family moved to Andover's Dumbarton Street.

He is married and has two boys, aged 5 years and 18 months. In addition to windsurfing, downhill skiing, wine tasting and going to the zoo, he also enjoys visiting museums but laughs, "I have an 18-month-old so it's been hard to do things."

(Continued on page 5)

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Working with the elderly has its rewards for this doctor

(Continued from page 4)

Dr. Schreiber was attracted to geriatrics because "Older people, generally speaking, are very appreciative of things that are done for them," he said. "You become attached to these people. They basically treat you as a son or a grandson."

But it takes doctors considerably longer to learn what is wrong with an older patient because they first must build a data base of what is normal.

"You have to be truly a detective in what you do to treat these individuals," said Dr. Schreiber.

The typical type of cases Dr. Schreiber works on involve misuse of medication, depression, lack of nutrition, and alcoholism. These are the most common and significant problems in the senior population — and all of these exist in Andover, he said.

"Talking to the people at the Senior Center, the people who work here, the problems are just as prevalent (in Andover) if not more so," he said. He thinks this happens "because people do not want to talk about it, do not want to be identified as a person in need, even though at some time we all need support."

"There is a significant, significant need in this community that is not being met."

Besides these problems, Dr. Schreiber

also worries about the setup of his patients' houses. A wrong step in an unsafe home can mean a broken hip

"That is one of the most important things I do mention, checking on the safety factor of their home. Falls in

Though the take may seem large given the number of problems and the statistics that indicate Medicare will go bankrupt by 2002, Dr. Schreiber seems to believe the community can successfully tackle these problems together.

"By working as a team, hopefully we'll be able to meet the needs," he said. "We'll have to because the way the system is set up now there's no way we can meet the needs of the population."

"There is a significant, significant need in this community that is not being met."

and he said 15 to 35 percent of those over 65 will die within a year of breaking their hip. Of the rest, half will be left with a significant disability, he said.

elderly are very, very serious matters and in a lot of cases more damaging than chronic matters," said Dr. Schreiber. "If I hear somebody has fallen red flags and sirens go off."

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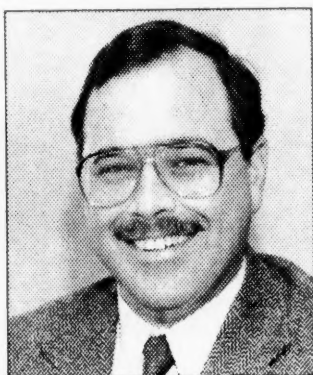
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Photos by Lisa Adelsberger

Judy Alvarez, center, a participant in Andover Housing Authority's Family Self-Sufficiency Program, gives Susan Laurenza, right, program case manager, a hug after awarding a plaque to Ms. Laurenza. Robert Silvera claps. A friend of Ms. Alvarez's, Mr. Silvera translated Ms. Alvarez's speech from Spanish to English. In the photo at right, Susan Laurenza is surrounded by program participants who show her their appreciation.

Thanks for being a friend

Parents who have benefited from the Andover Housing Authority's Family Self-Sufficiency Program threw a party recently to honor Susan Laurenza, program case manager, in appreciation of the services she has provided. The party was at program's headquarters in the recreation hall at the Frye Circle elder housing complex on North Main Street.

The Family Self-Sufficiency Program works with unemployed, underemployed and/or low-income families to encourage and promote economic self-sufficiency through education, job training and employment. In order to

be eligible, families must live in Andover and have a Section 8 housing certificate/voucher.

Families commit to the program for up to five years. During this time housing assistance and case management is provided. The FSS case manager will work with participants to identify their interests and skills, then coordinate services and resources necessary to obtain employment in the private sector, and/or in public and non-profit organizations.

Program managers are working to establish an on-the-job training program in both the public and private sectors, according to Irene Chalek, program coordinator.

For more information about the program, contact Ms. Chalek or Ms. Laurenza at the FSS Program, 256 N. Main St. Frye Circle-Recreation Hall; phone 470-8251.



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Back-To-School means **SUPERCUTS**

Building inspectors swing for education

By Don Staruk

Nearly 150 building inspectors, building officials, local town officials and others took part in the Massachusetts Building Inspectors Assoc. golf tournament at Andover Country Club Monday. The event raised \$6,000 to \$8,000 for a scholarship fund for children and grandchildren of building inspectors. It is also used for education and training for communities that do not have education money for building inspectors.





Andover Building Inspector Kaija Gilmore opted not to play but volunteered to work the tourney measuring distances for closest to the hole on one of the par 3 holes. Former Andover building inspector Sam DeSalvo, who helped organize the event, took part along with Peter DePesa, assistant building inspector, Bruce Hale, plumbing and heating inspector, Deputy Fire Chief Charles Murnane, fire Lt. David Lynch and firefighters Bill Loehr and John DiZoglio, Police Chief James Johnson, police Lt. Phillip Froborg and police Patrolman Detective Donald Pattullo. Peter DePesa's son, Robert DePesa, took low gross with a 77, and Detective Pattullo took one of the closet-to-the-hole prizes with a shot eight feet from the cup.


Dep. Chief Murnane didn't make it to work the day after the tournament, but his absence was not due to any golf injury. It was his 50th birthday Tuesday, Aug. 6, and he felt it was best that any surprises his children might pop on him happen away from the office.

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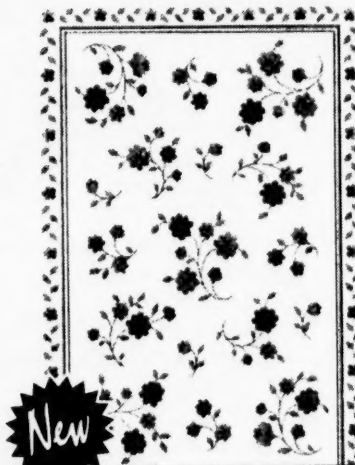
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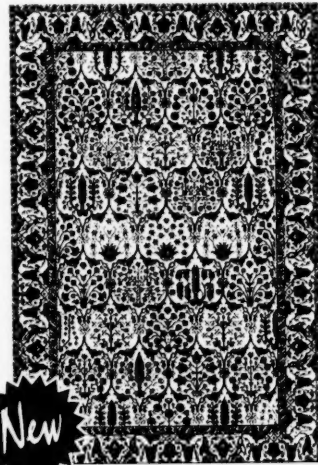
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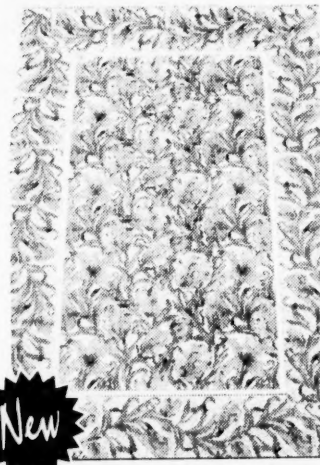
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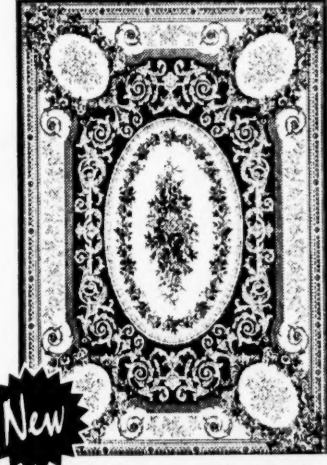
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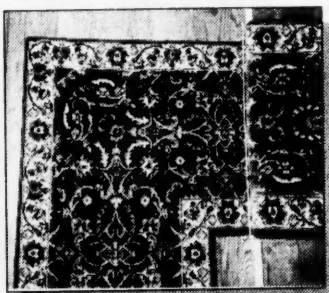


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BUSINESS

Kent Taylor and Jack Calareso join Merrimack College staff

Kent Taylor has been named executive director of development at Merrimack College and Jack P. Calareso has been named vice president for academic affairs. Mr. Taylor will be responsible for managing the college's fund-raising efforts, which include major gifts, the annual and capital fund campaigns, and bequests.

Most recently vice president for external affairs at Westbrook College in Portland, Maine, Mr. Taylor also served Westbrook as development director and director of its Senior Adult Education Program.

Prior to his association with Westbrook, he was an administrator and faculty member at American College in Jerusalem. At various times he was assistant to the college's president, and assistant professor of history. Mr. Taylor also taught history at the University of Rhode Island.

He earned a bachelor's degree at Bates and a master's degree at the University of Rhode Island and is pursuing a doctorate in history at Boston University. Following doctoral studies at the University of Wisconsin at Madison, Mr. Taylor was a visiting research scholar at Hebrew University in Israel.

Mr. Calareso replaces Theodore E. Long, who has left to assume the presidency of Elizabethtown College in Elizabethtown, Pa.

Mr. Calareso was vice president for academic affairs and provost of The Col-



Kent Taylor

lege of St. Rose in Albany, N.Y. He had been an administrator at St. Rose since 1989 serving in various positions including dean of the School of Education. Mr. Calareso was also chairman of the Middle States Self-Study Steering Committee and the Presidential Task Force on Multiculturalism.

Before becoming associated with St. Rose, Mr. Calareso was superintendent of schools and director of education for the Green Bay, Wisc., Catholic Diocese.

He also served as education director of Blessed Sacrament School in Madison, Wisc., and of St. Ambrose School in Rochester, N.Y.

The new Merrimack College vice president has taught college undergraduate and graduate courses at St. Rose, St. Norbert College and Silver Lake College in Wisconsin.

He is a frequent speaker at national, regional and local workshops on topics related to administration, leadership, assessment, quality improvement, and planning in education.

Mr. Calareso is the author of publications concerning educational administration and has presented scholarly papers at national meetings. He has served on education and community boards including the School and Business Alliance of New York State, Albany Civic Forum, Albany Diocese's Board of Education, Wisconsin Association of Non-public Schools, and National Conference of Diocesan Directors.

Mr. Calareso earned a bachelor's degree at Boston College, master's degree at Colgate/Rochester Theological Seminary, and Ph.D. in educational administration at Marquette University.

Timothy D. Sullivan

Timothy D. Sullivan, whose office is located at 451 Andover St., North Andover, was recently admitted to the New Hampshire Bar. Mr. Sullivan has a juris doctorate from Massachusetts School of Law, a CLU from the American University in Bryn Mawr, Pa., and a BSc from Acadia University in Wolfville, Nova Scotia. He will expand his Massachusetts business estate and litigation practice to include all New Hampshire courts.



Timothy D. Sullivan

Judith Frulla

Judith Frulla, assistant vice president of consumer loans at Andover Bank, recently was named president of the North Shore Credit Association.

Ms. Frulla has been a board member of the association for two years. Her involvement with the organization has contributed toward the development of products and services to specifically serve the credit needs of the community Andover Bank serves. The association is a collabora-



Judith Frulla

tive group of credit grantors, such as banks and credit unions, that meet for their mutual educational benefit to address the latest in credit legislation and trends. The New England School of Banking graduate has been an employee of Andover Bank for more than 10 years. Ms. Frulla is long time resident of North Andover who now lives in Newburyport.

Alfred M. Zeien

Alfred M. Zeien, chairman and chief executive officer of The Gillette Company, which has offices in Andover, has been elected chairman of the World Affairs Council of Boston, succeeding Charles Francis Adams, former chairman of Raytheon, who, in turn, succeeded Henry Cabot Lodge.

"It is especially appropriate that the Council will have the benefit of Al Zeien's extensive experience in global business and geopolitical conditions that are a part of Alfred M. Zeien international commerce today. This perspective will add a valuable dimension to his leadership of the Council Board," said Donald J. Evans, senior partner of Goodwin, Procter & Hoar, who was re-elected president of the Council.



Among other prominent new members of the board is retired General John R. Galvin, dean of The Fletcher School of Law and Diplomacy at Tufts University.

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Photo by Lisa Adelsberger

Rob Aylward of Tewksbury helps his uncle, Tom Aylward, owner of Underground Music, set up shop at the corner of Post Office Avenue and Main Street.

Underground Music moves to ground level

Underground Music has moved from the basement of the Barnard Building to 2 Main St., the corner where Trapeze women's clothing store previously was located.

The store switched its location primarily for visibility reasons, but also because the store is 500 square feet larger, with more storage room, according to manager Tom Aylward

of Andover.

Underground Music can special order anything, and is looking forward to increased clientele and business, Mr. Aylward said.

Interested in writing for the Townsman? See page 3.

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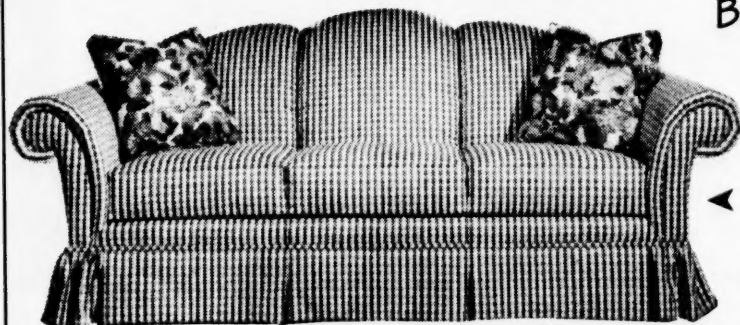
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U.S. Senator Kerry working on train whistle ban

U.S. Senator John F. Kerry won an effort to include a measure in the Senator Transportation Appropriations Bill that will give North Shore and other communities the opportunity to maintain the ban on train whistles based on local safety records.

The provision will withhold funding from the Federal Railroad Administration's (FRA) rulemaking on the whistle ban until its officials meet with all affected communities and determine on a case-by-case basis whether the preemption of the whistle ban is necessary.

"Safety is of obvious importance to families in North Shore communities, but so are local costs and noise levels,"

said Sen. Kerry, a member of the Commerce, Science and Transportation Committee, which oversees this issue. "A one-size-fits-all prescription is not acceptable to the people of Massachusetts. This clarification of the whistle ban exception will continue to ensure the safety of Massachusetts residents around train crossings while protecting their quality of life as well."

Legislation that would have taken effect this November requires federal preemption of local train whistle bans. This means that all trains would begin sounding their whistles one-quarter mile before reaching a grade crossing. Communities can be excepted if the ban does not present a significant risk or other safety measures are in place.

Massachusetts has about 88 grade crossings in 27 communities whose whistle bans would be preempted by this law. Many of these communities have good safety records and are concerned about the end of the whistle ban and the resulting noise and potential costs local government would have to endure.

Sen. Kerry's provision would not allow the FRA to move forward with lifting the preemptions in North Shore communities until its representatives consult with each affected community and establish a plan to install appropriate technology where needed.

Under the 1991 Intermodal Surface Transportation Efficiency Act (ISTEA),

Federal set-aside funds are available to Massachusetts to pay for up to 90 percent of highway-rail crossing safety improvement projects and the Federal share may reach 100 percent for projects for signing, pavement markings and active warning devices.

Under current law, which would not be changed by the amendment, railroads are responsible for maintenance of grade crossing safety equipment.

**Want to write for the
Townsmen? See page 3.**

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*Occupational Outlook Quarterly/Summer 1992

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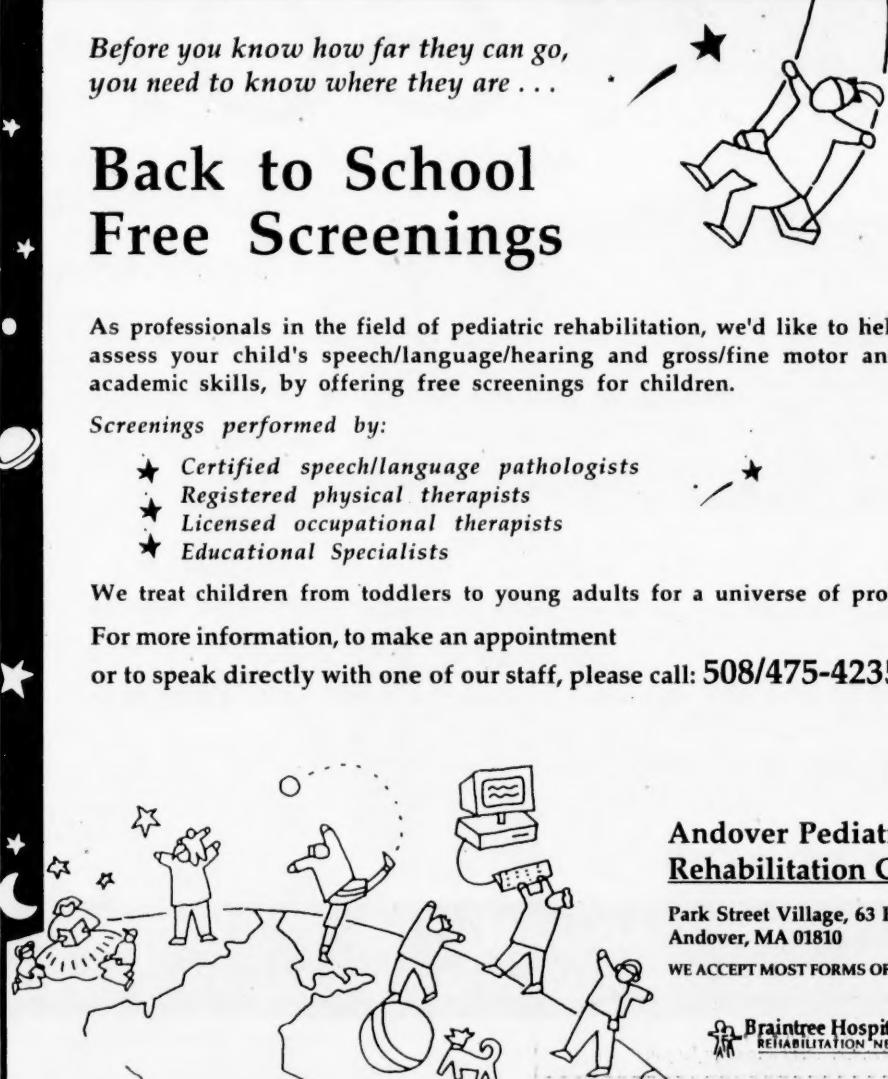
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Andover man drowns in Maine

(Continued from page 1)

According to Warden Hall, Mr. Martin and his nephew had been out in the canoe fishing a short time before the accident and both were wearing life jackets. The boy wanted to go in and see his grandmother, Rosemarie Martin, and the pair went ashore. They then went back out in the canoe, but this time Mr. Martin was not wearing his life jacket. The nephew said he felt the boat shaking, turned and saw his uncle shaking, then the canoe overturned. The nephew held onto the boat, and later said his uncle never surfaced after the canoe flipped, according to Warden Hall.

"It looks like he had a seizure," Warden Hall said of Mr. Martin. "He was on medication. He had epilepsy."

Mr. Martin had his medication with him and had been taking it, Warden Hall said he was told by Mr. Martin's mother.

Thomas Oldakowski, a vacationer from Worcester staying at another camp on the river, swam out to help the boy and dove down, looking for Mr. Martin, but could not reach him in the roughly 15-foot deep water, according to Warden Hall. Mr. Oldakowski called to his wife to come out in a paddle boat, and the pair then dragged an anchor and managed to hook Mr. Martin's clothing and pull him up. They then performed CPR on Mr. Martin until John Reigal, chief of the Sacopee Rescue squad, and other rescue personnel arrived and took over. Mr. Martin was taken by ambulance to Maine Medical Center in Portland, about 35 miles away, where he was pronounced dead.

The accident occurred between 10 and 10:30 a.m. about two miles into Maine from the New Hampshire border. The area is about 20 miles south of Conway, N.H. and 12 miles east of Center Ossipee, N.H.



Chris Foster

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Krinsky buildings may come down tomorrow

By Don Staruk

The three barns that housed the former H. Krinsky and Son junkyard, at 44 Park St., may be razed tomorrow morning, Friday.

Kidder Building and Wrecking Inc., of Plaistow, N.H., planned to take the three buildings down today or tomorrow, but had not received the demolition permit from the build-

ing department by Wednesday morning. An employee for the company and said Friday morning, possibly as early as 7 a.m., looked more likely as the time when the work would be done.

Pamela S. Schwartz of Methuen, executrix of Morris Krinsky's estate, will be soliciting closed bids for sale of the property. The junkyard prop-

erty can be purchased either alone or together with the adjacent two-family house at 33 Florence St., Ms. Schwartz said.

The two-family house on a roughly 5,000-square-foot lot at the corner of Park and Florence streets is assessed at \$145,900.

The junkyard property is about 11,000 square feet and is assessed at \$200,700.

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Montessori school making progress

By Neil Fater

Although a good deal of visible construction work remains to be done, the Andover School of Montessori is still looking for its first school bell to ring Sept. 3.

"As far as I know we're still on schedule," said Larry Casey, the school's president. "They (construction workers) are doing it all at once, indoors, outdoors, whatever it takes."

The Andover School of Montessori is a non-profit corporation that will teach 120 preschool, kindergarten and elementary-school students. The school is being built at 180 North Main St. on Route 28 where the Elks Lodge once stood.

Some of Montessori's new neighbors have been unhappy with the way the school has been built.

Earlier this summer, one of the neighbors' biggest problems was that construction was starting at 7 a.m., even after the Planning Board voted that the contractor could not start outside work until after 8 a.m.

"I thought construction within a neighborhood, construction at 7 a.m. was too early," said neighbor Rebecca Seiden of Pine Crest Road. "Just like I wouldn't go out and mow my lawn at 7 a.m."

According to Ms. Seiden, construction started before 8 a.m. on all but three days between July 9 and July 25. She also charged that the contractor worked on Sunday, July 21, and did outside work Saturday, July 6, which is not allowed. Steve Colyer, planning director for the town, said town workers also told him they saw construction workers at Montessori during a weekend.

Mr. Colyer himself was on site three consecutive days and saw work begin at 7 a.m. on each of those days. He said he simply noted the workers were starting early and informed the Planning Board.

"I could have issued a (stop work order) but it's always been my practice to give them verbal warning and then go before the board," he said.

Mr. Colyer said he believes forcing the contractor to stop working usually hurts everyone involved by dragging out the construction project and its related noise.

In response to the contractor's early starts, the Planning Board indicated on July

23 that they would not hesitate to shut down the project if early starts continued.

"Just to show you how blatant it was, after the meeting Tuesday night (July 23), Wednesday they started at 7 a.m. again," said Ms. Seiden. "We have had to be the watchdog for the project when we really shouldn't have had to be."

Ms. Seiden said she called Mr. Casey to let him know what was happening.

"There was some confusion given that the planning meeting was late and the construction guys weren't there," he explained. He said he went over and stopped construction that day and since then he hasn't heard any complaints from the neighbors.

"That's all been resolved," he said. "We worked out the kinks."

Other problems

From the beginning, some neighbors were concerned about the number of trees that needed to be cut down, about how the

(Continued on page 43)

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NEWS FOR SENIORS

August art exhibit

By Pat Becker

The August art exhibit is now in place and we invite seniors and non-seniors to drop in and admire the work of artists Paul

Burton, Marcia Epstein, Kay Erler, Alice O'Toole, Lillian Palumbo, Cynthia Pennypacker, Frank Sherman, Sue Sherman and Shirley Whyte.

The exhibit will remain for the entire month.

SENIOR MENUS

Monday: Veal roulade with brown sauce, rice pilaf, chopped broccoli, fruit cup.

Tuesday: Turkey, stuffing, mashed potatoes, peas, lemon square.

Wednesday: Salisbury steak, whipped potatoes, carrots, orange.

Thursday: Honey baked chicken breast with gravy, parslid potatoes, corn, peach

crisp with crumb topping.

Friday: Homemade chowder, tuna salad in Syrian bread, macaroni salad, chilled pears.

For reservations, call 623-8321 before 2 p.m. on business day before lunch you plan to attend. The Senior Center will serve beef Wellington **Monday, Aug. 19**, and southern fried chicken **Tuesday, Aug. 20**.

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Investment club

A group of seniors interested in forming an investment club meet at the Senior Center usually on the third or fourth Thursday of the month. New members are welcome. For more information, call the center or Charlotte Murphy.

Fall classes

Registrations are being accepted for fall classes and programs: oil painting, Tuesdays, 9:30-11:30 a.m., beginning Sept. 3; watercolor, Thursdays, 12:30-3:30 p.m., beginning Sept. 5; creative cooking class, the second Thursday of each month, 9:30 a.m.-noon, beginning Sept. 12. Call the center for a complete listing of classes. Register early.

Meet the candidates

Andover will vote for a new state repre-

sentative in the fall elections. Come Friday, Sept. 6, at 9:30 a.m. to hear what candidates Denise Parsons, Barry Finegold and Jim Fox, along with Sen. John O'Brien, have to say on issues important to seniors. Sieglinde Martin from the League of Women Voters will moderate the session.

Pen pals

The Sanborn School has a third-grade class of 26 students who would love to have senior pen pals for the school year. Men and women interested are asked to sign up as soon as possible.

Light lunch

Tuesday's light lunch will be a turkey club sandwich with chips, cookie and slice of watermelon. Cost is \$1. A movie, *Dead Poet's Society*, will follow. Call the center to make a reservation.

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ON CAMPUS

Erica Danielson, a 1991 graduate of Phillips Academy, received a bachelor of arts degree from Whitman College in Walla Walla, Wash., in May 19 commencement ceremonies. Ms. Danielson is a biology major.

Paul James Durant Jr., son of Paul and Mary Durant of Andover, received a bachelor of science degree in business administration May 12 from St. Michael's College in Colchester, Vt. He is employed by Techprint Inc./Black Ice Golf Co. of Woburn.

Kellyann MacLean, daughter of Greg and Elaine MacLean of 3 Will O'Way, has entered the MBA program at Stanford University. Ms.

MacLean was the 1988 valedictorian at Andover High School and a 1992 honor graduate of Dartmouth College. She will take a two-year sabbatical from her job as a marketing consultant in the Washington, D.C., area. Her academic and professional background qualified her to gain entrance into Stanford; her score on the GMAT exam reportedly was near-perfect. Ms. MacLean will relocate to California later this summer.

Melissa Mahon of Andover was named to the dean's list at Point Park College in Pittsburgh, Pa., for the 1996 spring semester for outstanding academic achievement.

The Service Club of

Service Club of Andover scholarships awarded - Pictured from left are AHS Principal Ellen Parker, Leo Blais, Sapna Malwal and Hooks Johnston, the first vice president of the Service Club of Andover and a director of the mentoring program. ▶

Andover awarded its 1996 student scholarships to two graduating Andover High School seniors, **Leo Blais III** and **Sapna Malwal**. Both students participated in the Service Club's Student-Business Partnership Mentoring Program with Andover High School, involving more than 100 AHS students and adults from the community this past year.

Mr. Blais and Ms. Malwal received \$1,000 scholarships toward their college education. Mr. Blais, son of Leo and Mary Blais, will attend the University of Massachusetts Amherst School of Management, Advanced Business Planning

◀ **Amanda Piercy**, daughter of Stephen and Jean Piercy of Andover, gets some painting assistance from David Nason, a fellow art student at Brewster Academy in Wolfeboro, N.H. The mural, a final art project, was designed for the Wolfeboro area Children's Center playground.



Program.

Ms. Malwal, daughter of Kish and Madhu Malwal, will be in the pre-veterinary program at St. Lawrence University in Canton, N.Y.

For more information on the Service Club of Andover, call Elaine Morgillo at 475-1500.

Leslie Morgan, daughter of Joan and Walter Morgan of Andover, received a bachelor of arts degree from Lesley College in Cambridge with a specialization in middle school education. The 1992 graduate of Andover High School was on the dean's list at Lesley 1992-1996 and received the Sophomore Book Award for highest grade-point average.

Ms. Morgan, who plans to obtain a teaching position in an area middle school, will be getting married in October.

Forty-three graduates of the Northern Essex Community College Day Registered Nursing Program received their registered nursing pins during a recent ceremony at DiBurro's in Haverhill.

The Day Registered Nursing program is a two-year program leading to an associate in science degree in registered nursing. The college also offers a 2½ year evening program and a 12-month program for students with previous nursing education or experience.

The graduates honored at

(Continued on page 15)



Free tickets available to Library show

The Amazing Time Travel Show, with Jay Mankita and his guitar, will be at Memorial Hall Library Wednesday, Aug. 14, at 2 p.m.

The presentation of musical participatory theater will feature an eight-foot-wide Time Machine with circuitry, flashing lights and "a pulsating panel of chaos."

The audience, children ages 6-12, will help Jay in his attempts to return to 1996 with songs, poems and intriguing props and costumes.

Free tickets are available today, Thursday, Aug. 8.

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ON CAMPUS

(Continued from page 14)

the pinning ceremony include **Mary Foley** and **Deborah Gagnon**, both of Andover.

Andrew U. Paradis, son of Andre and Anne Paradis of Andover, was awarded a bachelor of arts degree June 4 at Princeton University's 249th commencement.



Andrew U. Paradis

Mr. Paradis completed the program in political economy with a major in politics. He was a member of the varsity crew team for three years. A graduate of Central Catholic High School in Lawrence, Mr. Paradis has accepted a position with Coopers and Lybrand.

Michael Scarpulla received a scholarship certificate from the



Michael Scarpulla

Armed Forces Communications and Electronics Association Fellowship Awards Program. The son of Norman and Suzanne Scarpulla will attend Brown University next year, where he plans to major in engineering.

Karin E. Sonntag of 20 Marie Drive was named to the dean's list at James Madison University in Harrisonburg, Va., for the 1996 spring semester.

A student must have a grade-point average of between 3.25 and 3.74, on a 4.0

scale, and carry a course load of at least 14 hours to qualify for the honor.

The chemistry department of Bowdoin College in Brunswick, Maine, has chosen **Kristin Nieh** to receive the CRC Press First Year Student Chemistry Laboratory Award for her outstanding quality of laboratory work in organic chemistry courses. The 1995 graduate of Andover High School plans to major in biology or chemistry.

Paul M. Newton of Andover received an associate of science degree in physical therapist assistant from North Shore Community College in Danvers.

Sean Patrick Spires of Andover received a bachelor of science degree May 18 from Plymouth State College of the University of New Hampshire.

Jennifer K. Thomson, daughter of John and Patricia Thomson of 13 Lowell Junction Road, was named to the dean's list at Assumption

College in Worcester for the 1996 spring semester. The accounting major is a member of the class of 1998.

Thomas P. Torrisi Jr., son of Marianne and Thomas Torrisi of Lancaster Place, received a bachelor of arts degree at the 168 commencement of Kenyon College in

Gambier, Ohio, Sunday, May 19. Mr. Torrisi graduated with a major in economics.

Three students from Andover graduated from Trinity College in Hartford, Conn., on May 19.

Alexander Johnston, son of Mr. and Mrs. Robert C. Johnston

(Continued on page 16)

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SCHOOL TALK

[Continued from page 15]

of 70 Salem St., received a bachelor's degree in music. At the Honors Day ceremony this year, Mr. Johnston was awarded the Helen Loveland Morris Prize in music for his outstanding contribution to music in the college. He is a graduate of Middlesex School.

Stephanie Kupa, daughter of Mr. and Mrs. Edward Kupa of 4 Joseph St. received a bachelor's degree in neuroscience. She is a graduate of Andover High School.

Christopher Lembo, son of Mr. and Mrs. Nicholas P. Lembo Sr. of 57 Lovejoy Road received a bachelor's degree in economics. At the Honors Day ceremony, Mr. Lembo was awarded the John C. Alexander Memorial Award as the member of a varsity squad who has demonstrated the most academic progress during his Trinity career. Mr. Lembo was captain of the varsity baseball team. He is a graduate of Andover High School.

Wake Forest University in Winston-Salem, N.C., awarded undergraduate and graduate degrees to 1,241 students during May 20 commencement exercises.

Andover graduates receiving bachelor of arts degrees are: **Stephanie Kay Givens** of 20 Woodhaven Drive; **Susan E. Sullivan** of 50 Hidden Road; and **Laura Kimberly Wilson** of 84 Sunset Rock Road.

Andover students who achieved the required 3.0 grade-point average to be named to the dean's list for the 1996 spring semester are seniors **Stephanie Givens** and **Laura Wilson**.

Nancy Webster, daughter of Mary C. Webster of Andover and William H. Webster of Portland, Maine, graduated from the Loomis Chaffee School in Windsor, Conn., June 7.

Ms. Webster was senior class co-president, a dormitory prefect, an admissions tour guide and a member of the student scholarship committee. She competed in basketball and track and participated in the school community service program. Ms. Webster will attend George Washington University.

Andover residents **Heather Curtis** and **Sarah Witham** have been named to the dean's list at Wheaton College in Norton for the 1996

spring semester.

Ms. Curtis, a member of the class of 1999, is the daughter of Dr. and Mrs. Harry M. Curtis. Ms. Witham, a member of the class of 1997, is the daughter of Mr. and Mrs. Thomas J. Witham.

Paul K. Woods Jr., son of Atty. and Mrs. Paul K. Woods



Paul K. Woods Jr.

of Andover, recently received a doctor of law degree from Suffolk University School of Law. Mr. Woods graduated from

Phillips Academy in 1989 and from Boston College in 1993. He is employed by the law office of Lubin and Meyer in Boston.

Deana M. Bardetti, daughter of Marilyn and Joseph Bardetti of Andover, recently received her master's



Deana M. Bardetti

degree in linguistics from Harvard University. Ms. Bardetti is a teacher and teacher trainer at the Hellenic American Union in Athens, Greece. She was the middle school English as a Second Language (ESL) specialist in the Andover school system before moving overseas.

Bridget Shaun Murphy of Andover was among the more than 170 students who received a degree from New England College at its 49th commencement exercises held in Henniker, N.H. Ms. Murphy received a bachelor



Meghan A. Mueller



James Andrew Odum

of arts degree in communication.

Rebecca Lynn Barry of 6 Rachel Road received a bachelor of arts in history, cum laude, from Union College in Schenectady, N.Y., at June 16 commencement exercises. Ms. Barry graduated from Andover High School in 1992.

Weslie S. Byers, daughter of Philip and Karen Byers of 1 Carriage Hill Road, and **Emily H. Girdwood**, daughter of Andrew and Bettina Girdwood of 15 Tucker Road, received bachelor degrees May 27 from Bates College in Lewiston, Maine, during the college's 130th commencement exercises.

Ms. Byers received a bachelor of arts degree in English. The dean's list student spent a semester of her junior year in England. She is a 1992 graduate of Andover High School.

Ms. Girdwood received a bachelor of arts degree with a major in art. The dean's list student's senior thesis exhibit was displayed in the college's Museum of Art. She is a 1992 graduate of Deerfield Academy in Deerfield.

Boston College held its 120th commencement exercises May 20. The following Andover residents received degrees:

Paul David Bernardin, son of Mr. and Mrs. David Bernardin of 27 Lovejoy Road, a bachelor of science degree from School of Management; **Karen F. Brocklesby**, daughter of Kathleen M. Brocklesby of 64 Chestnut St., a bachelor of science degree from School of Nursing; **Alicia M. Dennehy**, daughter of Mr. and Mrs. Roy Dennehy of 13 Wild Rose Drive, a bachelor of science degree from School of Nursing; **Stephen Gawlik**, son of Mr. and Mrs. Richard Gawlik of 4 Exeter Way, an associate of business degree in Arts and Sciences; **Brian Lane**, son of Mr. and Mrs. Timothy J. Lane Jr. of 2 Garfield Lane, a bachelor of science degree from School of Management; **Meghan A. Mueller** of 4 Pendant Court, an associate of business, magna cum laude, School of Education; **Kevin C. Murphy**, son of Mr. and Mrs. Charles J. Murphy Jr. of 17 Timothy Drive, an associate of business degree from Arts and Sciences; **Amy O'Sullivan**, daughter of Mr. and Mrs. Robert J. O'Sullivan of 12 Spencer Court,

an associate of business degree, cum laude, from Arts and Sciences; **James Andrew Odum**, son of Dr. and Mrs. Frank A. Odum of 1 Agawan Lane, a bachelor of science degree from School of Management; **J. Colin Sullivan**, son of Mr. and Mrs. John J. Sullivan of 9 Deerberry Circle, an associate of business degree from Arts and Sciences.

Melanie A. McGarry, daughter of William and Penelope McGarry of 16 Bannister Road, and **Sefany J. Andreadis**, daughter of John and Sophie Andreadis of 21 Korinthian Way, were named to the dean's list at Bates College in Lewiston, Maine, for the second semester.

Ms. McGarry, a sophomore biology major, has participated

[Continued on page 17]

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rah Loomis-Lafond, Morris Jr., JD in graduate taxation. ***
MDiv in theological law; Sydney S. The United States
studies; Michael W. Tucker, LLM in

THE TOWNSMAN, AUGUST 8, 1996 17
Achievement Acade- A. Cavicchi has
my announced been named an All-
recently that Laura (Continued on page 18)

(Continued from page 16)

in the Career Discovery Internship Program and Peaks Day 1995, to celebrate the 75th anniversary of the outing club.

Ms. Andreadis is a junior biological chemistry major.

Both girls are graduates of Andover High School.

Christine A. Boutureira of Andover has been named to the dean's list at Trinity University in San Antonio, Texas, for the 1996 spring semester.

The dean's list honors students who have earned a grade-point average of 3.65 or better while enrolled in a minimum of 15 semester hours.

The spring semester dean's list at Bryant College in Smithfield, R.I., includes the following two Andover residents: **Hila Horovitz** and **Rodney C. Lumley**, both senior marketing majors.

Boston University awarded academic degrees to 4,376 students this spring.

Receiving degrees were Andover residents **Jeffrey B. Arnold**, MBA in business administration and management, high honors; **Mary Bertolini**, EDM in special education; **Angela Bhan**, BSBA in business administration and management; **Robert A. Ciampa**, MBA in business administration and management, high honors; **Laura A. Currier**, MBA in business administration and management; **Robert A. Diadamo**, JD in law, magna cum laude; **Rachel C. Dix**, EDM in policy, planning and administration; **Edward P. Hunt**, MBA in business administration and management; **Debo-**

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ON CAMPUS

(Continued from page 17)

American Collegiate Scholar. All-American Collegiate Scholars must earn a 3.3 or higher grade-point average and be selected by a school official or other qualified sponsor. Ms. Cavicchi, a student at Saint Anselm College in Manchester, N.H., was nominated by the Rev. Peter Guerin, dean.

Her name will appear in the All-American Collegiate Yearbook, which is published nationally.

She is the daughter of Paul and Victoria Cavicchi.

Brian W. Lafranchi, son of Mr. and Mrs. Larry Lafranchi of 14 Wabanaki Way, and **Gregory J. Arserio**, son of Mr. and Mrs. John Arserio of 7 Sheffield Circle, were named to the dean's list for the spring 1996 semester at Clarkson University in Potsdam, N.Y.

Mark A. Cutler and **Julie E. Cutler**, both of 5 Tobey Lane, were named to the dean's list at St. Lawrence University in Canton, N.Y., for the 1996 spring semester. Both students are Andover High graduates.

Tadg Francis Corkery of 14 Cuba St. and **Beth P. Picardi** of 10 Jefferson Lane were named to the dean's

list at the University of Delaware in Newark, Del. Both students are in the College of Arts and Science. Mr. Corkery is a junior political science major. Ms. Picardi is a first-year environmental science major.

Allison Ferranti, daughter of Carol Stern and William Ferranti of Andover, has left for six weeks of study and travel with nine other Phillips Academy students and Alice Tung of Andover, a PA staff member.



Allison Ferranti

Ms. Ferranti, who received a partial scholarship, saw the Great Wall and visited Tiananmen Square and the Forbidden City in Beijing. The group traveled to the city of

Harbin for four weeks of study at the Harbin Institute of Technology. The classes in the Chinese language and culture are designed for high school students. Ms. Ferranti, who will celebrate her 16th birthday in Harbin, had completed two years of Chinese. Students will stay with host families from the institute's academic staff. They also had a surprise visit from their teacher, Dr. Yuan Hann. Ms. Ferranti will visit the Black River area north of

Harbin and travel south to Shandong Province to visit the Temple of Confucius and climb Mount Tai before visiting Shanghai and returning home.

Bernard Koh, son of Yung Koh and Kwang Koh of Apple-tree Lane, received a master's degree in business administration June 15 from J.L. Kellogg School of Management at Northwestern University. Mr. Koh will start work for Deloitte & Touche Consulting Group in



Bernard Koh

the fall.

He graduated cum laude from Phillips Academy and magna cum laude from the University of Pennsylvania with a degree in economics and history.



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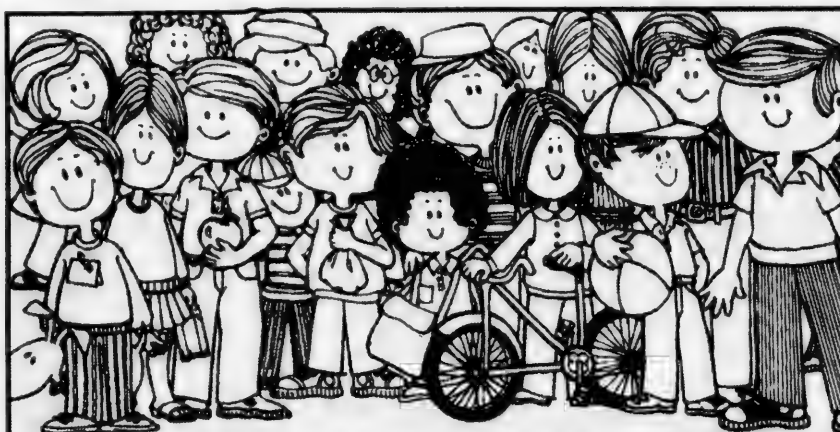
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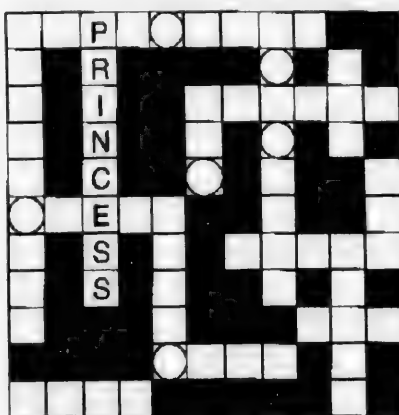


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Openings are available for the Department of Community Services trips to Harvard Museum Thursday, Sept. 5, and John F. Kennedy Museum next Thursday, Aug. 15.

Space is available in Ace Tennis Camp and Pee Wee Tennis Monday, Aug. 12, and the twice-weekly tennis class, which began Aug. 5.

Adult golf for beginners and intermediates, starting Tuesday, Aug. 13, has openings.

Openings are also available in Summer Crafts, beginning

Monday, Aug. 12, as well as Magic Camp, which begins Wednesday, Aug. 14.

Call DCS at 623-8273, Monday through Friday between 9 a.m. and 4:30 p.m.

Imagine going West in a covered wagon. Thousands of people, including children, made such a journey in the 19th century. What would it be like? In *Let's Go West*, next Thursday, Aug. 15, at 2 p.m., at Memorial Hall Library, children use their imaginations

and the magic of theater to find out.

The participatory drama follows the adventures of Sarah, a spunky young New Englander who travels West with her family in 1852. Led by three adult actors, participants don period costumes to play Sarah's family. The whole audience helps pack the wagon, say goodbye to home and embark on the perilous trip across the prairie, rugged mountains and raging rivers.

This exciting trip West is

especially for children ages 6-12.

Free tickets are available on or after today, Thursday, Aug. 8.

Meredith Hutchins, an incoming fourth-grade student at Sanborn School, received the state's first place in the "Humor in Poetry" section of the Massachusetts Science Poetry Contest. The award was presented by Jade Reitman, principal, during the



◀ Statewide science poetry award recipient Meredith Hutchins is a student at Sanborn School.

school's graduation ceremonies. The winning entry was entitled "Chemistry

(Continued on page 20)

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by Mark F. DeLorenzo, D.C.

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When a chiropractor administers an adjustment to the spine, it is with the intention of removing nerve interference. Otherwise, vertebrae that are out of alignment may impinge upon a nerve and obstruct the normal transmission of nerve energy that guides the body's major organs and processes. The term "adjustment" refers to the application of a sudden and precise force to a specific point on the vertebrae. A "manipulation" is more of a nonspecific, generalized laying on the hands that is intended to stimulate body functions by mobilizing joints, increasing range of movement, or realigning joint structure. For instance, a manipulation might involve massage and the gentle twisting of a particular joint to bring about greater range of movement. Because an adjustment is more precise than manipulation, it is often thought to be more effective at removing nerve interference.

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P.S. As a secondary effect, an adjustment realigns the structure of the spine back to its proper position.



FINANCIAL STRATEGIES

by Ronald R. Hill, CLU, ChFC



MATTERS OF ESTATE

The inevitability of death and taxes intersect at the point where any estate above \$600,000 is taxable. One way to deal with this estate tax exposure is to purchase enough life insurance on the last spouse to die to cover it. To understand how this strategy works, consider that a common approach to estate planning calls for all assets of the deceased spouse to pass directly to the surviving spouse. Because no tax is due on transfers of assets between spouses, the transfer from the deceased to surviving spouse occurs without incurring an estate tax. Years later, however, when the surviving spouse dies and passes on the estate (and that of the spouse) to their children, they will be faced with paying the estate tax. While they may have sufficient assets, it may be necessary to sell a home or business to do so. If there is sufficient life insurance to cover the estate tax, however, a check from the insurance company would suffice, and other valued assets will not have to be sold off. Prince Spaghetti and Valle's Steakhouse are examples of companies that had to be sold off before the family preferred in order to pay off estate tax obligations. How much easier it would have been to have planned better and had adequate life insurance in place.

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NOTE: The joint-and-survivor (or second-to-die) insurance alluded to above must be owned either by the children or by an irrevocable life insurance trust, with the children named as the premium payers, owners and beneficiaries, in order to reap the maximum tax advantage.

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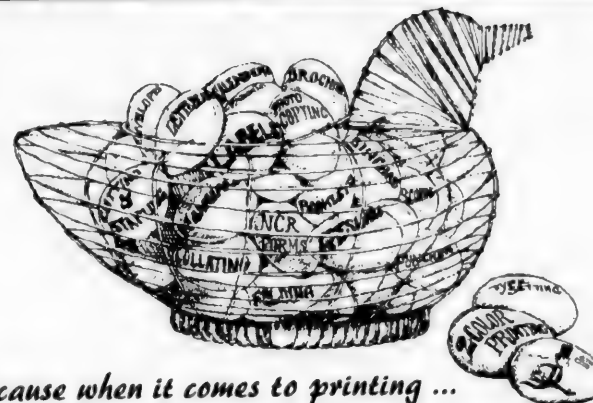
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SCHOOLTALK

(Continued from page 19)

Soup." Meredith lives with her parents, brother Sam and dog Athena.

Yang's Martial Arts of Andover will bring an Olympic hero to Andover this fall. Olympic bronze medalist **Jimmy Pedro** will teach judo at Yang's, located at 3 Dundee Park.

Judo is a Japanese martial art with techniques similar to wrestling. The goal of a judo match is to use the opponent's own movement to get leverage and eventually pin him or her to the mat.

Mr. Pedro began his judo training at the age of 5 under the guidance of his father, Jim Pedro Sr. Mr. Pedro is currently ranked third in the world in the 156-pound weight class, and is only the eighth American to ever win an Olympic medal in judo. Mr. Pedro lives in Lawrence with his wife, Marie, and newborn daughter,

Casey.

For more information about judo or other courses offered at Yang's, call **Diana Kiesel** at 474-0509.

Doherty Middle School's 14th annual literary contest produced a variety of poems, stories and essays by students in grades 6-8. Book prizes were provided by Doherty Student Council. The purpose of the contest is to encourage writing and provide a publication, the **Dateline Doherty** school newspaper, whereby a student's work can be shared. The students' adviser is **Kathryn Crawford**, eighth-grade English teacher.

Children entering grades 4-6 in the fall are invited to enroll in C.A.M.P. (Children's Awesome Math Program) at **Northern Essex Community College**. The program will be held Aug. 13-15 from 9 a.m. to noon at the Haverhill campus.



Photos by Kathryn Crawford/Special to the Townsman

Above, Doherty Middle School eighth-graders Ellen Keith and Erin Collings had their poems selected for publication in the 1996 edition of *Anthology of Poetry by Young Americans*.

NECC Math Center instructors will engage campers in a variety of fun, hands-on activities and offer prizes and awards.

The program is geared towards enhancing the stu-

dents' understanding of mathematical concepts. The cost of the three-day program is \$99, which includes a \$10 materials fee. Enrollment is limited to 15 students. Call **Linda Murphy** at (508) 374-3848.



◀ **Doherty Middle School's** literary contest winners are: (back row) Sally Olney, Zoe Hastings, Josh Coates, Kathleen Bader, Elizabeth Earnley; (middle) Amanda Barash, Lesley Yen, Ellen Keith, Darlene Teves, Toni Labarre, Jeff Volinski; (front row) Caty Meehan, Danielle Mendoza, Jia Jung, Sai Ramgopal, Anna Kichorowsky. Missing from photo: Erin Collings and Diana Finegold.



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EVENTS CALENDAR

THURSDAY, AUG. 8

Future Classics poetry reading, presented by Memorial Hall Library, featuring poetry readings, 7:30 p.m., Memorial Hall Library, free; Beth Mazin 623-8401.

Jack and the Beanstalk, presented by Children's Corner at Boarding House Park, featuring comedy team Gould and Stearns, 11 a.m., Boarding House Park, corner of French and John Streets, Lowell, free; 934-4452.

Gould and Stearns in Jack and the Beanstalk

Oliver! presented by Wakefield Repertory Theatre, 7:30 p.m., Wakefield's Galvin Middle School, Main Street, Wakefield, \$8 adults, \$6 children and seniors; Cheryl Evangelista (617) 245-8921.

FRIDAY, AUG. 9

Comedy, featuring headliner Gerroll Bennett, Rob Steen, and opener Matt Mally, 8 and 10:30 p.m., The Comedy Place at Grill 93, River Road, \$10; 1-888-TO-LAUGH.

Oliver! see entry under Thursday, Aug. 8, 10:30 a.m. and 7:30 p.m.

SATURDAY, AUG. 10

Comedy, see entry under Friday, Aug. 9.

Musical comedy, *They're Playing Our Song*, 8 p.m., The Comedy Place at Grill 93, River Road, \$35 for dinner, show, tax and tip; 1-888-TO-LAUGH.

Singles dance, sponsored by Royal American Singles Dance Parties, 8 p.m.-midnight, American Legion Hall, 357 Great Road, Bedford, proper dress, \$5; (617) 325-0591.

Oliver! see entry under Thursday, Aug. 8, 10:30 p.m.

WEDNESDAY, AUG. 14

Noontime programs at the Andover Historical Society, featuring a walking tour of their First Burial Ground located in North Andover Center, meet at the Parson Barnard House, 179 Osgood Street, bring lunch, \$1 members, \$2 non-members; Barbara Thibault 475-2236.

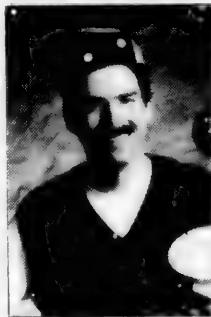
Musical comedy, *They're Playing Our Song*, 1 p.m., The Comedy Place at Grill 93, River Road, \$35 for dinner, show, tax, and

tip; 1-888-TO-LAUGH.

The Amazing Time Travel Show, presented by Memorial Hall Library, featuring Jay Mankita, an 8-foot-wide time machine, songs, poems and props, 2 p.m., Memorial Hall Library, especially for kids ages 6-12, free tickets available on or after Thursday, Aug. 8.

New England Classical Singers' sings, featuring conductor David Tierney, 7:30 p.m., Faith Lutheran Church, \$4; 688-2816.

Children's entertainer, sponsored by Summer Reading Club, featuring Kevin Devine, wrap-up concert and party, 4 p.m., West Boxford Library, 188 Washington Street, Boxford, free; 653-0938.



Kevin Devine

THURSDAY, AUG. 15

Let's Go West, presented by Memorial Hall Library, featuring young girl who travels West in 1852, 2 p.m., Memorial Hall Library, especially for children ages 6-12, free tickets available on or after Thursday, Aug. 8.

Musical "Working", presented by Andover Community Theatre, featuring local high school and college students, 8 p.m., South Lawrence East School auditorium, near Showcase Cinema, \$8 adults, \$6 seniors and children under 12; 470-ACCTT.

Camp Muckalucka, presented by Children's Corner at Boarding House Park, featuring Tom (T-Bone) Stankus, 11 a.m., Boarding House Park, corner of French and John streets, Lowell, free; Florence Marion 934-4452.

FRIDAY, AUG. 16

Musical comedy, *Maria's Bachelorette Party*, 7 p.m., The Comedy Place at Grill 93, River Road, \$30 for dinner, show, tax, and tip; 1-888-TO-LAUGH.

"Working", see entry under Thursday, Aug. 15.

Comedy, featuring headliner Al Ducharme, Tom Hayes, and opener Karen Loftus, 8 and 10:30 p.m., The Comedy Place at Grill 93, River Road, \$10; 1-888-TO-LAUGH.

SATURDAY, AUG. 17

Musical comedy, *Finnegan's Wake*, 8 p.m., The Comedy Place at Grill 93, River Road, \$35 for dinner, show, tax, and tip; **Mystery Café**, 7:30 p.m., packages from \$31.95-\$36.95 for dinner, show and tax; 1-888-TO-LAUGH; **"Working"**, see entry under Thursday, Aug. 15.

Comedy, see entry under Friday, Aug. 16.

Stargazing, sponsored by the

Trustees of Reservation, Castle Hill, 9 p.m.-midnight, Crane Beach, Ipswich, \$7 per car; 356-4351.

Fishing Derby, sponsored by Massachusetts Department of Environmental Management, featuring free clinics on fishing, 10 a.m.-2 p.m., Stearns Pond, Middleton Road, North Andover, free; Jason Ferreira 475-7972.

SUNDAY, AUG. 18

Children's musical comedy, *Kidz A Poppin'*, 5:30 p.m., The Comedy Place at Grill 93, River Road, \$10 show only, dinner and show \$14.95 children, \$19.95 adults; 1-888-TO-LAUGH.

Organ recital, sponsored by Methuen Memorial Music Hall's Summer Restoration Fund, featuring Robert MacDonald, 4 p.m., Methuen Memorial Music Hall, 192 Broadway, Methuen, \$10 adults, \$3 children.

ONGOING Museums and Historic Homes

Andover Historical Society, 97 Main St.; **Andover Celebrates: 1896**, exhibit looks 100 years back at the community's 250th anniversary, includes a mural of Andover's 1896 celebration painted by Karen Herman and Sue Dennett, as well as photographs and memorabilia; will remain on view through 1996, also, *Technology in Wonderland: Down the Rabbit Hole into the Third Harbor Tunnel*, exhibit and lecture, runs through Sept. 14, Andover Historical Society, 97 Main St., \$5; library and office hours, Monday-Saturday, 9 a.m.-5 p.m. and by appointment; \$4 adults, \$2 children, members free; 475-2236.

Addison Gallery of American Art: 65 years, an exhibition celebrating the 65th anniversary of the May 1931 opening of the Addison Gallery, featuring more than 300 works, museum hours Tuesday through Saturday 10 a.m.-5 p.m., and Sunday 1-5 p.m., free; Rebecca Hayes 749-4017.

North Andover Historical Society, featuring *Parson Barnard House*, this circa 1715 house has been restored and is architectural history, 153 Academy Road, North Andover Historical Society, adults \$2, children \$1, Thursdays 2-4 p.m., second and third Sunday of each month, call for reservations, runs through October; Carol Majahad 686-4035.

Robert S. Peabody Museum of Archaeology, Main and Phillips streets, includes the newly restored diorama, miniature scene of Native Americans along the banks of the Merrimack River, museum will be closed from Aug. 12 through Sept. 2, will reopen Sept. 3 with regular hours, Tuesday through Friday noon-5 p.m., Saturday 10 a.m.-1 p.m., free; 749-1490, also, *Voices on Repatriation and Renewing Tradition: Modern*

(Continued on page 22)

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EVENTS CALENDAR LISTINGS

(Continued from page 21)

Pueblo Pottery, continuing exhibits feature collections of Native American artifacts;

Pecos Pueblo: Crossroads of Cultures, tells story of the Pueblo at Pecos, New Mexico, inhabited from 1300 to 1838 by a sophisticated Native society.

Stevens-Coolidge Place, 137 Andover Street, North Andover, open for the 1996 season, featuring a 91-acre estate that has been a property of the Trustees of Reservations since 1962, more than five acres of landscaped lawns and gardens surrounding the house, open Sundays 1-5 p.m., or by appointment; \$3 adults; Robert Murray 682-3580.

Lowell National Historic Park, ongoing programs:

Harnessing the Merrimack, two-hour tour includes boat and trolley ride, \$3 adults, \$1 children;

Pawtucket Canal, 75-minute tour daily, \$3 adults, \$1 children;

Nature of the Merrimack, 2 hour boat tour, Mondays-Thursdays 10 a.m., \$4 adults, \$2 youths 6-16, senior discount, children 5 and under free;

Canal and River Cruise, early evening cruise, Friday, Saturday, Sunday 5:30-7:30 p.m., sponsored by Lowell National Historical Park, \$4 adults, \$2 youths 6-16, senior discount,

children 5 and under free;

Spindle City Bike Series, Lowell by bike, Thursday evenings 6-8 p.m., free;

Streetscapes of Lowell, 45-minute tour offered at 10 a.m. and 3 p.m. on weekdays and 10 a.m. on weekends;

Lowell: The Industrial Revelation, multi-image slide show, Visitor Center at Market Mills, 246 Market St., 8:30 a.m.-5 p.m., free;

Run of the Mill, working 19th century turbine and power loom at Suffolk Mill, 11 a.m. weekdays and 3 p.m. Sundays, free;

Exploring Lowell, walking tours or program presented daily at the Visitor Center, 2:30 p.m., different tours daily, free;

Turn-of-the-century Trolley, trolley ride, schedules at the Visitor Center, Boott Mills and trolley platforms, free;

Working People exhibit, Visitor Center, daily, 9:30 a.m.-5 p.m., free;

Boott Cotton Mills Museum, weave room and interactive exhibits, 400 Foot of John St., weekdays 9:30 a.m.-5 p.m., \$3 adults, youths 6-16 \$1, senior discount, children under 5 free, also, boat tour available with museum admission, \$5 adults; 970-5000.

New England Quilt Museum, featuring *Quilt Art: Selections*

from the Binney Collection, an exhibition of approximately 30 antique quilts, spanning 150 years, through Aug. 25, 10 a.m.-4 p.m. Tuesday-Saturday, noon-4 p.m. Sundays, Quilt Museum, 18 Shattuck St., Lowell, \$4 adults, \$3 students and senior citizens; Jennifer Gilbert 452-4207;

Viewer's Choice, an exhibition, by 25 quilt artists, of favorite quilts from guilds, Aug. 28 through Oct. 1, free reception Sunday, Sept. 8, 1-3 p.m.

Wenham Museum, featuring

Play & Learn III, a children's interactive exhibit, doll and toy collections, dollhouses, toy soldiers and the 17th-century Claflin-Richards House, at 132 Main St., Wenham, Monday-Friday 10 a.m.-4 p.m., Saturday 1-4 p.m., Sunday 2-5 p.m., \$3 adults, \$1 children, \$2.50 seniors, members free.

Art Exhibitions

Northern Essex Community College Gallery, featuring the work of Daniel J. Olenio Jr. and Amy Olenio, pen and ink sketches, watercolors and photographs, NECC Gallery, Bentley Library, Haverhill campus, through August, free; Ernie Greenslade 374-3862.

Clothing as Art, presented by Essex Art Center, featuring



Northern Essex Community College Gallery is featuring the pen and ink sketches, watercolors and photo work of Daniel J. Olenio Jr. and Amy Olenio. Above, Andover's Benjamin Abbott Homestead, circa 1689.

artists from greater Merrimack Valley, sculptures, drawings, clothing, Essex Art Center, 56 Island St., Lawrence, free; Leslie Costello 685-2343.

Addison Gallery of American Art: 65 years, an exhibition celebrating the 65th anniversary of the May 1931 opening of the Addison Gallery, featuring more than 300 works, museum

hours Tuesday through Saturday 10 a.m.-5 p.m., and Sunday 1-5 p.m., free; Rebecca Hayes 749-4017.

Main Street by Dorothy Piercy, Ford's Coffee Shop mural, on view in the lobby of town offices; tote bags on sale at the Andover Historical Society to defray cost of restoration of Ford's Mural Fund, Andover Historical Society, 97 Main St.; 475-2236.

Photography exhibit, featuring over 25 pieces by former Andover resident K.S. Brooks, Mondays-Thursdays, 9 a.m.-9 p.m., Fridays 9 a.m.-5 p.m., LTC gallery in Lowell, through Aug. 15; 975-0106.

Theatre

The New Orleans Jazz Band, every Wednesday night, at Deco Boston Dinner Theatre, Woburn, dancing, light dinner or buffet available; call (617) 932-9988 for details.

Annie, presented by the Amesbury Playhouse Dinner Theatre, 194 Main Street, Amesbury, through Aug. 25, shows are Thursday-Saturday, 7 p.m. dinner, 8:30 show, Sunday dinner 5 p.m., 6:30 show, reservations necessary; 388-9444.

'Future Classics' poetry reading tonight

What writers' works will stand the test of time? What poems will touch the hearts and minds of readers in 50 years?

Discover Andover's poets' answers to these questions at a reading at Memorial Hall Library tonight, Thursday, Aug. 8, at 7:30.

In honor of Andover's 350th anniversary, exhibits and events at Memorial Hall Library during the month of August will focus on Andover and the future.

Local poets will present one or more works by a contemporary poet they believe will still be read in 50 years.

Complementing this will be selections from their own works.

Local poets reading are Kathleen Aponick, Michael Casey, Christine Gebhard, Helena Minton, Thomas Mofford, Lawrence Rungron and Mark Schorr.

The reading is free and open to the public. Refreshments will be available. Call the library at 623-8400.

Noontime programs at Historical Society

By Barbara Thibault

Rain or shine, noontime programs at the Andover Historical Society continue throughout August.

The garden tended by the Andover Garden Club is lovely and pleasant for an informal setting and the Meeting Room Gallery exhibiting Andover in 1896 provides the perfect backdrop for indoor events looking at our community's heritage.

A walking tour of the First Burial Ground, which is in Old North Andover Center, is the topic for Wednesday, Aug. 14 (see sidebar, at right). West Parish women of the 19th century is the last one, set for Wednesday, Aug. 21.

Bring your lunch; lemonade and cookies are provided. A \$2 donation is requested (members \$1).

Other exhibits include "Technology in Wonderland" by Karen Harris in the reception area, and "Work in Progress" in Cheever Memorial Room.

The Andover Historical Society, Andover's historical museum and research center, is a non-profit educational and cultural institution, accredited by the Association

Historical walking tour

The North Andover Historical Society will host a lunch-time program and tour of the First Burial Ground Wednesday, Aug. 14. Dee Liffmann will lead the walking tour, which highlights some of Andover's early settlers, including Timothy Swan. Mr. Swan died in 1693 after having allegedly been "afflicted" by Richard Carrier and others accused in the Witchcraft hysteria of 1692.

Ms. Liffmann will also discuss the changing styles of gravestone sculpture and local stonemasons. Meet at the Parson Barnard House, 179 Osgood St., at noon. Bring a brown-bag lunch and wear comfortable shoes; drinks and snacks will be provided. Cost is \$1 for members; \$2 for non-members.

of American Museums. Summer hours are Monday through Friday, 9 a.m. to 5 p.m.

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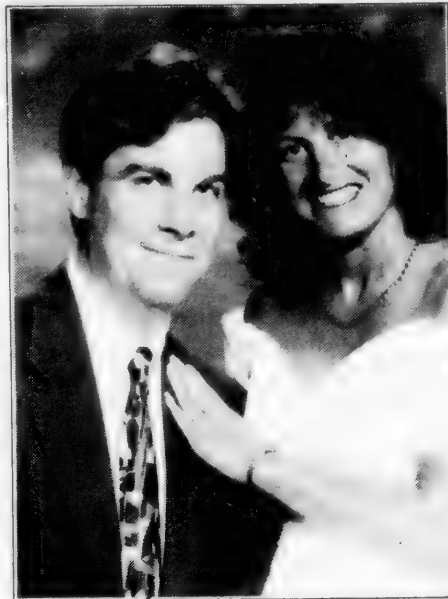
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Eric Wei Ren and
Rosemary Ann Steffanie

Morris-Powers

Theresa Hornby of Lawrence and Robert F. Morris of Cambridge announce the engagement of their daughter, Karen Elaine Morris of Andover to Michael Stephen Powers of Newburyport.

Ms. Morris graduated from Andover High School in 1987 and from Simmons College in 1991. She is a senior accountant with Managed Comp Inc. in Waltham.

Mr. Powers is the son of Mr. and Mrs. Fredrick S. Powers of Kittery, Maine. He graduated from Andover High School in 1986. He is a Massachusetts State environmental police officer and a member of the Coast Guard Reserves.

The couple plan a September wedding.

Turner-Wilkinson

Lee Alexander Wilkinson, son of David K. Wilkinson and Eleanor D. Wilkinson of Andover, and Bonnie S. Turner, daughter of Carol A. Turner of Lowell and the late Donald N. Turner, announce their engagement.

Ms. Turner, a graduate of Presentation of Mary Academy in Hudson, N.H., is an accounting major at Northeastern University.

She is a credit manager and accountant.

Mr. Wilkinson graduated from Andover High School and Worcester State College, where he was a psychology major.

He is a manager of information technology at Continental Cablevision Inc.

The couple plan a September wedding.

Efinger-Mackie

Mr. and Mrs. Earl Efinger of Andover announce the engagement of their daughter, Susan Faith, to Kenneth George Mackie, son of Florence Mackie of Newburyport and the late George Mackie.

Ms. Efinger is a graduate of Andover High School and New England Baptist Hospital School of Nursing.

A supervisor at Melrose Wakefield Home Health Care, Ms. Efinger attends Salem State College.

Mr. Mackie is a graduate of Newburyport High School and University of New Hampshire. He is a computer consultant with Sterling Associates.

The couple plan an October wedding.

Steffanie-Ren

Mr. and Mrs. John Steffanie of Fair Lawn, N.J., announce the engagement of their daughter, Rosemary Ann, to Eric Wei Ren, son of Dr. and Mrs. Julius Chungli Ren of Andover.

Ms. Steffanie graduated from Paramus Girls Regional High School and from Bergen College in 1988. She is an accountant at the global headquarters of the Reader's Digest Association in Pleasantville, N.Y.

Mr. Ren graduated from Phillips Academy and from Cornell University in 1986. He also received a master of science degree in electrical engineering from Carnegie Mellon University in 1988. The senior engineer at Digital Equipment Corp. is also a freelance illustrator.

The couple plan an Aug. 24 wedding.

Need an engagement or wedding form? Send a stamped, self-addressed envelope to the Townsman.

ENTERTAINMENT NOTEBOOK

NECS to host community summer sings

The New England Classical Singers will host two community summer sings this month. Music director David Tierney will conduct Vivaldi's *Gloria* and *Magnificat* Wednesday, Aug. 14, and guest William Thomas will conduct Mozart's *Requiem* Wednesday, Aug. 21. Singers and instrumentalists as well as the community are welcome to attend these open sings, which will be held at Faith Lutheran Church, 360 S. Main St. (Route 28) at 7:30 p.m. Admission is \$4. Bring a score or borrow one at the door. For more information, call 688-2816.

Andover Community Theatre presenting the musical 'Working' next weekend

Seven local high schools will work both sides of the curtain when Andover Community Theatre presents the musical *Working* next weekend, Aug. 15-17, at 8 p.m. at the South Lawrence East School auditorium.

The play, adapted by Stephen Schwartz and Nina Faso from the book by Studs Turkel, features music by James Taylor, Stephen Schwartz, Craig Carnelia, Micki Grant, Mary Rodgers, Susan Birkenhead and

Michele Brouman. This production will mark the debut of the ACT's Summer Mentor program. The adult production staff will "mentor" seven young cast members in production skills, so they may take leadership roles in later productions.

The "intern" cast members, are Jon Iarrobino and Julia Henderson, production; Bridget Mason and Keith Putnam, direction; Antonio Beliveau, music direction; Lindsey Strube, choreography; and Todd Buonopane, set design. All are from Andover. Jen Peck of Andover will work on publicity.

The adult production staff members are producer Steve Bissett and director Dana Bissett, both of Andover; music director Sandi Nason of West Boyford; choreographer Dennis Lorne of Lawrence; technical director, set designer Pam LeMieux of Andover; directoral assistant Barbara Strube of Andover; and orchestra conductor Jeff Gage of North Andover.

The *Working* cast also includes Tanya Tamarkin, T.J. Witham, Lisa Mueller, Lisa DiVincenzo, Patrick McCandless, Chris DesJardins, Diana Zipeto and J.P. Sarni of Andover; Lisa Lyons and Jeffrey Traill of Topsfield; Noel Cody of Boxford; Michael Consoli of Haverhill, and Emily Mooers of Bradford.

ACT usually produces its plays in Andover, but this summer, all of the Andover school auditoriums

are tied up by renovations or prior commitments. According to Ms. LeMieux, the production staff consider themselves fortunate to be able to use the two-year-old South Lawrence East School's auditorium facility, particularly because, unlike many Andover sites, it is air-conditioned. Free parking is available in the adjacent secure lot.

The school is located behind the stadium in South Lawrence, near Showcase Cinema. For directions and other information, call 470-ACTT.

Tickets are \$8 for adults and \$6 for seniors and children under 12, and may be purchased at the door the nights of the play.

9th annual fishing festival at Harold Parker State Forest is Saturday, Aug. 17

The Harold Parker State Forest annual fishing festival will be held next Saturday, Aug. 17, from 10 a.m. to 2 p.m. (rain or shine) at Stearns Pond on Middleton Road in North Andover.

The festival is sponsored by the Massachusetts Department of Environmental Management; the Aquatic Resources Education Program (AREP) of Massachusetts Department of Fish and Wildlife and

(Continued on page 25)

OBITUARIES

Richard J. Martin Died after canoeing accident

Richard J. Martin, 28, of 49 North St. died Sunday, Aug. 4, at Maine Medical Center in Portland, Maine, after a canoeing accident.

Mr. Martin was born in Lawrence and had been an area resident all his life. He was a 1987 graduate of Andover High School, and a graduate of ATI in Woburn.

He had been employed at the Ground Round Restaurant in Andover for many years.

Mr. Martin, who would have celebrated his 29th birthday yesterday, Wednesday, liked to draw and was something of an artist, according to his mother's fiancé, John Moran.

Members of his family include his mother, Rosemarie Martin, and her fiancé, Mr. Moran; father, Richard Ouellette of Hampstead, N.H.; sisters, Sharlene Pelletier of Salem, N.H., Lori Martin of Andover and Nicole Martin of Albany, N.Y.; two half-brothers, Brandon Ouellette of Derby, N.H., and Keith Ouellette of New York; grandmother, Rita Johnson of Andover; one nephew; and several aunts, uncles and cousins.

Calling hours are tonight, Thursday, Aug. 8, from 7-9, at Racicot Funeral Home, 256 Broadway, Lawrence.

Funeral services will be held tomorrow, Friday, Aug. 9, at the funeral home. Cremation will follow at Linwood Crematory in Haverhill.

James Joseph Fitzgerald Retired vaudevillian, Statehouse worker

James Joseph Fitzgerald, 90, of Maynard died Thursday, Aug. 1, after a brief illness.

Deaths Elsewhere

CABRAL — Angela M. Cabral, 74, of Lawrence, died Tuesday, Aug. 16, at Mariner Health Care in Methuen.

Members of her family include her brother, Phillip Napoli of Andover.

STOLTZ — M. Elizabeth "Betty" (Comeau) Stoltz, 87, died Tuesday, Aug. 16, at the Wood-Briar Nursing Home in Wilmington.

Members of her family include her son, Dr. Joseph F. Stoltz of Andover.

Mr. Fitzgerald was born in Boston. He lived in Dorchester and Brighton before moving to Brockton in 1984. He lived at the Granview Terrace elder housing in Andover until 1995, when he moved to Maynard.

Mr. Fitzgerald and his wife, the late Marion (Punch) Fitzgerald, performed in a vaudeville dancing act from the late 1920s until 1947. They played all the major theater circuits, such as the Keith circuit and Lowe circuit, performing under the name of Fitz and Carroll. They performed with the USO throughout Europe and the Pacific during World War II and performed for troops in Germany and Japan during the occupation.

Mr. Fitzgerald started working in the office of the Secretary of State in 1957. He was chief cashier for the Commonwealth when he retired in 1977.

Members of his family include his sons, Joseph J. Fitzgerald of Fort Lauderdale, Edward F. Fitzgerald of Bridgewater, Dennis G. Fitzgerald of Maynard and Richard L. Fitzgerald of Andover; nine grandchildren and one great-grandchild.

A funeral Mass was said Monday in St. Bernadette's Church in Randolph. Burial was in St. Mary's Cemetery, also in Randolph.

Arrangements were by Cartwright Funeral Home in Randolph.

Marion K. Strong Lived here since 1977

Marion K. (Barrett) Strong, 88, died Tuesday, July 30, at Sutton Hill Nursing Home in North Andover.

Mrs. Strong was born in Somerville. She was educated in Somerville schools and was a graduate of Fisher College.

Mrs. Strong had lived in Tewksbury before moving to Andover in 1977.

She was an active member of Fellowship Bible Church in Methuen where she was a member of the Senior Saints Group.

Members of her family include several nieces and nephews.

She was the widow of Roland Strong, who died in 1973.

A memorial service was held Tuesday at Fellowship Bible Church. Private burial was in Puritan Lawn Memorial Park.

Arrangements were by Farmer &

Dee Funeral Home in Tewksbury.

Memorial contributions may be made to Senior Saints, care of Fellowship Bible Church, 1 Fellowship Way, Methuen, Mass. 01844.

Catherine Fennessey Formerly of Andover

Catherine Fennessey, 97, died Thursday, Aug. 1, at Sutton Hill Nursing and Retirement Center in North Andover.

Ms. Fennessey was born and educated in Ireland.

She was a former resident of Lawrence and Andover.

Ms. Fennessey was a former member of Immaculate Conception Church in Lawrence and currently attended St. Mary Church, also in Lawrence.

She was a dietary cook at Lawrence General Hospital for 40 years and also worked at Wheelock School in Boston.

Members of her family include a sister, Ellen Fennessey of Andover; brothers, Patrick Fennessey and James Fennessey, both of Lawrence; and many nieces and nephews.

A Mass was said Saturday at St. Mary Church. Burial was in Immaculate Conception Cemetery in Lawrence.

Arrangements were by Breen Funeral Home in Lawrence.

Beatrice LeGendre Bookkeeper for Lawrence market for 40 years

Beatrice (Blouin) LeGendre, 84, of Chestnut Street died Saturday, Aug. 3, at Lawrence General Hospital.

Mrs. LeGendre was born in Lawrence. She graduated from Lawrence High School and McIntosh Business School.

She was a bookkeeper for Hillside Market in Lawrence for 40 years.

Mrs. LeGendre attended St. Augustine Church.

Members of her family include her husband of 63 years, Alcide J. LeGendre of Andover; daughters and sons-in-law, Barbara and Michael Campagna of Andover and Joan M. and Alvin MacQuarrie of Chelmsford; brothers, Edward Blouin of Portland, Maine, Richard J. Blouin and Robert Blouin, both of Lawrence, and Lau-

Obituaries Pages 24-25

Mildred "Sally" Bronson, 69

Angela M. Cabral, 74

Catherine Fennessey, 97

James Joseph Fitzgerald, 90

Beatrice LeGendre, 84

Richard J. Martin, 28

Mabel B. Smith, 100

M. Elizabeth "Betty" Stoltz, 87

Marion K. Strong, 88

Guy W. Wilson, 65

rence Blouin and Earl Blouin, both of Salem, N.H.; sister, Irene Blouin of Lawrence; five grandchildren; one great-grandchild; and many nieces and nephews.

A funeral Mass was said Tuesday at St. Augustine Church. Burial was in Sacred Heart Cemetery.

Arrangements were by Scott Funeral Home in Lawrence.

Memorial contributions may be made to American Heart Association, 20 Speen St., Framingham, Mass.

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by Garry A. Burke

CEREMONIAL LAYING TO REST

The ceremonial laying to rest of the dead known as a funeral is probably as old as modern humanity itself. Scientific records indicate that this ceremony to put someone compassionately and tenderly to rest dates from about 50,000 years ago, when a group of Neanderthal cave dwellers scattered flowers over the body of a young man laid to rest in a shallow grave in the floor of a cave. While it cannot be determined with any degree of certainty what form of ceremony accompanied the flowers on this occasion, the evidence does exist of the need for a funeral as a way to mark a transition in life that has important social, as well as personal, significance. However this important ceremony may be altered to suit personal needs and tastes, it remains at its core an important observance with roots very deep into our collective past.

One of the very important and valuable services which a funeral director performs is to offer the bereaved an opportunity to say goodbye. Psychologists tell us that this is a necessary step in the process of coming to terms with the reality of the death of a loved one and in dealing with grief. The ways in which a funeral director can help takes many forms, such as counseling, visitations, a funeral service or a memorial service. For more information, call **BURKE FUNERAL HOME** at 475-5200. We are located at 390 North Main Street.

QUOTE: "Death is as the foreshadowing of life. We die that we may die no more."

Herman Hooker

Obituaries are a free service of the *Townsmen*, which receives information from funeral homes and family members.



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OBITUARIES

Mabel B. Smith Longtime secretary for PA archaeology professor

Mabel B. Smith, 100, a resident of Prescott House Nursing Home in North Andover, died Sunday, Aug. 4, at Lawrence General Hospital.

Mrs. Smith was a lifelong resident of North Andover.

She was a secretary for many years for Professor P.F. Morehead, director of archaeology at Phillips Academy.

She was also a vote-counter for North Andover.

Mrs. Smith was a 60-year member of Trinitarian Congregational Church, where she served as a deaconess, a member of the Board of Deaconesses, Women's Union and Women's Fellowship and other boards and committees.

The Rev. Herbert H. Schumm presented Mrs. Smith with a Distin-

guished Service Award at her centennial birthday observance July 20 at a party at Camelot, describing her as "a woman of exemplary virtue, of unflinching devotion and Christian grace, beloved by all who knew her."

Members of her family include her daughter and son-in-law, Betty and James R. Trenholm of Rye, N.H., formerly of Andover; two grandchildren; nine great-grandchildren; and one nephew.

Services were held Wednesday at Caron Funeral Home in North Andover.

Memorial contributions may be made to Trinitarian Congregational Church Memorial Fund, 72 Elm St., North Andover Mass. 01845.

Mildred Bronson Formerly of Andover

Mildred "Sally" (LaRochelle) Bronson, 69, of North Andover, formerly of Andover, died Monday at Lawrence General Hospital.

She was born in Springfield and educated in Chicopee grammar and high schools.

She was attended St. Michael Church and was the past president of the Beta Sigma Phi Sorority of Andover. She enjoyed ceramics.

The widow of Henry G. Bronson Jr., her family members include daughter Sheila G. Tripoli of North Andover; sons Henry G. Bronson III of Haverhill, Barry Bronson and his wife, Linda, of Raymond, N.H., David Bronson and his wife, Patricia, of Andover, and Brian Bronson of Haverhill; brothers Maurice LaFrance of Vermont and William LaRochelle of Houston, Texas; special friend Betty Sirois of Haverhill; seven grandchildren, one great-grandchild, and several nieces and nephews.

Friends may call today, Thursday, from 2 to 4 and 7 to 9 p.m. at the Pollard Funeral Home, 233 Lawrence St., Methuen.

A Mass will be said tomorrow, Friday, at 10 a.m. at St. Michael Church in North Andover. Burial will be in

Spring Grove Cemetery, Andover. Memorials may be made to the American Heart Association, 20 Speen St., Framingham, Ma 01701-4688.

Guy W. Wilson Was New York native

Guy W. Wilson, 65, of Andover died Saturday, Aug. 3, at his home.

Mr. Wilson was born in Niagara Falls, N.Y.

He served in the Army.

Members of his family include his wife, Mary Margaret (Kelly) Wilson of Andover; son, Kevin H. Wilson of Raleigh, N.C.; daughters, Alisa J. Towne of Wolfeboro, N.H., and her husband, Howard Towne, and Maureen P. Wilson of Shirley; sister, Evelyn English of Cleveland, Ohio; three grandchildren; and several nieces and nephews.

Services were held yesterday, Wednesday, at Burke Funeral Home.

Burial was in Spring Grove Cemetery.

ENTERTAINMENT & SOCIAL NOTES

(Continued from page 23)

Bucko's Sporting Goods Inc. in North Reading.

Registration begins at 10 a.m. at Stearns Pond and is free and open to the public. No fishing license is required for participants who register. The AREP will offer free clinics on casting techniques, knot-tying, baiting and fishing. Bait and tackle will be supplied to those who do not bring their own. This festival is not a contest and is for pro or amateur anglers.

There will also be prizes. AREP and Bucko's have donated fishing tackle, which will be raffled off.

For more information, call Jason Ferreira at 475-7972.

Local firm taking part in showhouse

Carole Kaplan, ASID, and Two by Two Interior Design Ltd., an Andover design firm, are participating in Old York Showhouse in York Harbor, Maine, through Saturday, Aug. 10. Hours are Thursday from 10 a.m. to 7 p.m., Friday and Saturday, 10 a.m. to 5

p.m. Tickets are \$12 per person and may be purchased at Shagbark, the show house, on Norwood Farms Road, York Harbor, Maine. The event is a fund-raiser for Old York Historical Society.

To get to Shagbark, take I-95 to the York exit to Route 1. Turn right onto Route 1 South, go to the first traffic light and turn left onto Route 1A (York Street). Proceed 2.4 miles through York Harbor. Turn right onto Norwood Farms Road (at the Harbor Home sign) and follow the signs to showhouse parking.

Ballardvale United Church holds family festival weekend

Ballardvale United Church recently held a three-day family event in an effort to bring people together for fun, fellowship and food. Sheila Stone organized the event with four different affairs. Friday night was dinner/theater night. Chef Diane Ely prepared the meal and members of the congregation provided entertainment. The barbershop dectet, under the direction of Bill Carey, included Pat Brouillard, Allen Bryan, Jim Harmon, Carol Leary, Chris McKallagat, Elden Salter, Evelyn Sendেকে, Adam Stone, Janet Thompson, Arlene Wright. The Teen Idols (Erin DeGrave, Crystal Luce, James Luce, Jason Luce, Michele Leary, Adam Stone, Christian Stone and Stephen Stone) performed

Twist & Shout and *Da Do Ron Ron*; solos by Pat Brouillard (*Five Foot Two*), Christian Stone (*Freedom*), Brad Yount (*Old Man River*), Carol Leary (*The Cruel War* and *A Single Girl*) and Noni Yount (*Look to the Rainbow* from *Finian's Rainbow*). Other entertainment included "The Andrew Sisters" and master of ceremonies Chip Carter's spoof *100 Reasons Why I Can't Go To Church Today*.

A pancake breakfast was held Saturday morning with special guest, Fantastic the Clown. The Saturday evening barn dance had fellowship hall hopping with square-dancing, chili and



Ruth Sharpe clowning with Fantastic the Clown at Ballardvale Church's Family Festival Weekend.

cowboy punch. Sunday morning was Children's Day at the church and was followed by a picnic and annual water balloon fight.

Ballardvale United Church is a reconciling/open and affirming church, fully accessible to the physically challenged, organizers said.

Faith Fair in the Park

Priority Youth Ministry will hold a "Faith Fair" next Thursday, Aug. 15, from 7-8:30 p.m. at the Park (in case of rain, indoors at Old Town Hall). More than 30 teens will present upbeat music, drama skits, dance, rap and power stunts. There will also be balloons, face-painting, prizes and drinks for the little ones. All ages are welcome, especially youth. Admission is free; bring along a blanket or chair.

Priority Youth Ministry is sponsored by The Lord's Gathering Church, a non-denomination Christian church based in Woburn. Meetings are held at Tower Office Park in Woburn Sundays and Wednesdays and at the Ramada Rolling Green in Andover Thursdays at 7 p.m.

Live praise music, messages from Senior Pastor Ron Satrape and children's ministries are part of all gatherings. For more information, call The Lord's Gathering office at (617) 932-9084.

Priority youth put on a radio program, "The Groove," Saturdays from 9-11 p.m. on 1510WNRB-AM. Upbeat music, messages and serious fun are the keys to this program hosted by youth pastor "Pastor C."

Four Guys in Tuxes to play in the Park

The DCS Summer Concert Series will continue next Wednesday, Aug. 21, with a performance by Four Guys in Tuxes at the Park bandstand. The band consists of Tom "the walkman" Walkey on reeds; the Ubiquitous Jack Martin on trumpet and flugelhorn; Dave Stewart, the Great Stewdini, on boards; Ken Hadley, the Atomic Clock, on drums; and Andrew Maness, guitarist/vocalist/leader.

Rain or shine, concerts begin at 6 p.m. Bring picnic suppers and the whole family, organizers said.



One of the bedrooms in the showhouse.

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HATS OFF at Andover High School

(Continued from page 1)

"I'm pretty upset. I didn't even know about it until right now (when a co-worker informed him). I think it's ridiculous," said Craig Hartwell, 17, a soon-to-be senior. "It never seems to effect anyone in the school. The fact that they need a school policy is ludicrous."

"I think it's stupid that they did it," said Eric Shea, 17, who said he rarely wears a hat. "I don't think it's that big a deal, walking around the hall with it. I think it should be the personal opinion of the teacher."

Up until now it has been. Students could wear their favorite caps during school and if a teacher asked them to remove it in their class, the students would. Now, however, there will be a more uniform policy completely banning hats from the school.

"Banned is a strong word. We are in compliance with K through eight," said Ellen Parker, Andover High School principal, noting that baseball hats are not allowed in kindergarten through eighth grade.

"Also, it has become sort of a health and safety issue. Also, we can't really see the kids' faces," she said. "It's not a discipline issue."

Ms. Parker said the caps have been something of a health and safety issue because some of the hats are "pretty grungy looking."

In recent years it has become the fad to severely curl the bill of the cap around one's face, which makes it more difficult for someone to identify the wearer.

Ms. Parker said the banning of ball caps is not an issue she expects people to flip their lids over.

"I don't suspect that there will be a whole lot of concern," she said. "I think most of the kids aren't going to make a big issue of it."

Informed that students interviewed by the *Townsmen* seemed to think the decision was silly, Ms. Parker said, "I think the kids hit the nail on the head. It isn't a big issue as long as someone doesn't make it an issue."

However, one student had a petition signed by more than 400 students who are against the decision. The student said High-Schoolers had signed the petition during the last two days of finals, after students were informed of the hat ban.

"I don't know why they can't wear them," said Shauna Robb, 16, who doesn't wear baseball hats to school.

"It doesn't distract you from learning," said Kerri Pisano, a soon-to-be sophomore who doesn't wear hats either. "I have a lot of friends who like to wear baseball hats all the time. It (the ban) upsets them."

"Every once in a while you kind of like to (wear one). Usually you take it off in class anyway," said Mr. Hartwell, who said he doesn't often wear a hat anymore. "It's just one more rule that's silly to have."

"Lots of people don't wear a hat



Photo by Lisa Adelsberger

Mark Zammuto, left, who will be a junior at Andover High School this fall, and Bryan Kiberd, a senior at AHS, don't like the new ruling of no hats allowed at the school. Bryan says he wears hats because his hair goes every which way.

every day - although some do - but they like to have that option," he said. "Everybody has kind of their one hat that they get recognized by. But I wouldn't say it's a rights issue, it's more a fashion issue than anything."

"I don't know why it's important to wear it in school but to me it is," said Mr. Ciruso. "They think it's disrespectful to wear a hat, but we're not living in the '50s anymore. You

sion, however, or even have a strong opinion.

"Some did, some don't. I myself have some real questions of the legality," said Tom Meyers, teachers union president. "Some teachers feel for some reason that not wearing hats makes for a better learning environment."

"Like all of these issues if it's challenged (in court) and it's illegal, it

'I think it's stupid that they did it. I don't think it's that big a deal, walking around the hall with it. I think it should be the personal opinion of the teacher.'
Eric Shea, 17

'Also, it has become sort of a health and safety issue. Also, we can't really see the kids' faces. It's not a discipline issue.'
Ellen Parker, AHS principal

don't have to bow to adults anymore."

Ms. Parker said the issue has been discussed for a number of years and brought up to the administration by some parents. She said when the decision was announced at an eighth-grade graduation, parents applauded.

Not all teachers applauded the deci-

will be overturned," he said. "If you had a symbol on a hat with a sexist symbol or a neo-Nazi symbol, absolutely (it would interfere with education). But that's not the issue."

In the 1994-1995 yearbook, 35 of the 102 freshmen boys pictured wore baseball caps for their class picture. That's 34 percent of the boys who will be juniors this coming year. Nearly 32 percent of next year's senior class of boys, 52 out of 165, wore hats as well.

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Marriott plans assisted-living complex here

(Continued from page 1)

Senior Living Services is a new division of the company.

"I imagine we're in the top 10 employers in the state," Mr. Marriott said.

In the 1980s Marriott saw the growing need for senior living services and recognized it as a good fit for the company's operational services, including rooms, hospitality, food services and housekeeping, according to Paul E. Johnson Jr., executive vice president and general manager of Marriott Senior Living Services.

"Really, the only thing we didn't have was healthcare," Mr. Johnson said, so they went out and contracted for that.

Marriott now has 69 assisted-living communities in 27 states, and is the second largest operator of assisted-living facilities in the United States.

Who will live there?

The average resident in Marriott assisted-living facilities is female (five out of six), 84 years old, lives within five miles of the facility and requires some daily support service.

Assisted living "is for people for whom living at home is no longer the best alternative," Mr. Johnson said.

Less costly

Assisted living is less costly than nursing homes, according to Mr. Johnson.

There is a base rate for all residents that includes general residential services, such as housekeeping, then each resident's program is tailored to his or her specific needs. Residents pay only for the services they require.

Residents have daily safety checks, 24-hour emergency response available, social events, transportation outside the facility, activities such as craft studios, and intergenerational activities.

"And this is for a cost that's at least 40 percent less than for what a private nursing home would be," Mr. Johnson said.

Marriott estimates the average cost for units here would be about \$2,500 a month, according to Mr. Johnson. A



Paul E. Johnson Jr., left, executive vice president and general manager of Marriott Senior Living Services, and J. W. Marriott Jr., chairman of the board and president and son of the founder of Marriott, hold architectural drawings of Brighton Gardens at Andover.

booklet provided by Marriott states that in Massachusetts, the average cost of assisted living is between \$1,800 and \$4,000 a month, according to the Massachusetts Assisted Living Association.

The average nursing home rate is \$170 to \$180 a day, Mr. Johnson said, or about \$5,100 to \$5,400 a month.

There will be no "low-income" units, according to Mr. Johnson. Marriott has not applied for federal funding that would require a certain percentage of the apartments be provided for low-income persons. Mr. Johnson said that when low-income units are provided, a higher fee must be charged to the other residents to make up for the lost income. They are, in effect, subsidizing the low-income units.

To date, Marriott has elected not to have the low-income units "so we can offer as low a price for everybody in the community as possible," Mr. Johnson said.

son said.

That will likely be a point of contention at or before the Special Town Meeting because Senior Town Planner Laura DeGroot said this week the bylaw planners proposal will mandate that some percentage of affordable units be made available.

Medicare and Medicaid do not pay for assisted living services now, but more and more long-term care insurance carriers are allowing them, Mr. Johnson said.

Need and impact

There are 350,000 persons in Massachusetts over 75 years old, and only 2,500 assisted living units available, according to Mr. Johnson.

Because of who the residents are, assisted-living facilities do not create an impact on schools, snow plowing or most other town services, Mr. Johnson said.

Mr. Johnson quoted a recent study

by Beals and Thomas Inc. of Westboro which, contrary to what some people fear or think, found the value of homes near these facilities actually increased due to their proximity to the facilities. Marriott commissioned the study, which looked at property values surrounding two assisted-living facilities in Framingham.

Each Marriott assisted-living facility is valued between \$8 million and \$10 million, and because they are for profit, that would mean "substantial new property-tax revenues," according to a Marriott press release.

Andover and communities all over Massachusetts present unique problems for assisted living proponents, Mr. Johnson said, because every community has a different set of rules. Marriott is addressing those rules community by community as they come to them, he said.

They currently have proposal for assisted living communities in Andover, Framingham, Danvers and Dedham. Marriott has also tried but so far failed to locate a facility in Canton.

Dedham's town meeting recently approved a zoning change to allow the assisted-living facilities, Mr. Johnson said. In Dedham, he said, the bylaw amendment provides protection for neighborhoods, but still allows Marriott what it needs to provide all its services.

Building design

All Marriott assisted-living facilities are called Brighton Gardens, and all have the same general design, 115 units in a Colonial style building. Of the total, 90 units are for the general population and 25 are for Alzheimer's/dementia patients. The Alzheimer's/dementia units are in a group separated from the other units.

The facilities are designed to be in residential neighborhoods because that is where seniors want to live, where they've always lived, in a neighborhood, not in an industrial or commercial area, according to Mr. Johnson and Mr. Marriott.

"Would you put your grandmother in an industrial zone?" asked Mr. Marriott.

Photo by Don Staruk

Andover postmaster George Selfridge Jr., center, who retired last week after three and a half years at the helm of the Andover post office and 40 years in all working for the U.S. Postal Service, displays the service award presented to him during a going away celebration at the Stevens Street facility last Friday, Aug. 2. Presenting the award to him were Paul W. Lanzi, at left, district manager, and Joseph Kusiak, district manager of operations.



Andover's postmaster retires

George Selfridge posed for parting photos with friends and co-workers at the Stevens Street post office last Friday, Aug. 2, his last day on the job. Mr. Selfridge, who retired last week, began work for the U.S. Postal Service as a substitute clerk in Cambridge 40 years ago. He worked in 14 different offices and was a postmaster the last 15 years, five in Burlington and six in Newburyport, before coming to Andover in

December 1992. Mr. Selfridge, 62, of Salem, N.H., said he will "play a lot of golf, do some traveling and maybe get a job on a golf course."

James Pero, senior operations analyst in the North Reading district office, will be officer in charge in Andover until a new postmaster is named. That process could take about four months. "Nobody in this office is going for it," Mr. Pero said.

Local photographer performs in Maine

By Eric M. Danis

Robert Dennis has been putting the "I," actually the eye, in Maine for more than 10 years. Mr. Dennis is a photographer who has captured Maine's awe-inspiring scenery and historic homes for calendars, postcards and magazines.

A trip to Europe after college gave Mr. Dennis the first opportunity to practice his technique.

"I enjoyed taking pictures of all the famous sites," says Mr. Dennis.

After this trip, Mr. Dennis began vacationing in Kennebunkport, Maine. His family, which consists of his wife, Marjorie, and teen-aged daughters, Melanie and Michelle, bought a house in Kennebunkport eight years ago.

Mr. Dennis began taking photographs of the area because he admired the "beautifully architected homes, seacoasts and mansions by the sea."

Despite the fact that he has never taken a formal photography course and doesn't use hi-tech equipment, his friends and family began telling him that his photos looked like postcards.

"People gave me encouragement and I enjoyed doing it," says Mr. Dennis.

His success, according to Mr. Dennis, can be attributed to his ability to recognize which scenes to photograph.

"The key to photography is composing a picture when the scene is just right. I know exactly when the light is going to be just right, when a rock formation will be in the sun," says Mr. Dennis.

This method of photography often takes time, as Mr. Dennis sometimes is held up by the weather, the tide, or the position of a boat.

"I can be patient," he jokes.

A rock-bound coast, sea roses, schooners, lobster boats at a fog-bound pier, a lighthouse and historic homes are all samples of items that make a

great picture, according to Mr. Dennis.

"I love Kennebunkport. I have a passion for the area," says Mr. Dennis.

Mr. Dennis photographs Maine all year long, and he cites the dramatic changes in season as one reason why Kennebunkport is the ideal subject for a photograph.

"New England has so many seasons and they are all so unique," says Mr. Dennis. "In most parts of the country there aren't such great differences in seasonality."

Maine also holds a special interest for Mr. Dennis because seacoasts are one of his favorite subjects to photograph.

"The seacoasts of Kennebunkport are so beautiful," he says.

"I like to photograph anything that shows the historic New England tradition," says Mr. Dennis.

The stately, historic houses in Maine satisfy Mr. Dennis' urge.

These three elements, weather, seacoasts and homes, are all featured prominently in Mr. Dennis' favorite picture. The picture, taken along Ocean Avenue in Kennebunkport, has a foreground consisting of "sea roses along the rocky coast with a stately house being enveloped by fog," according to Mr. Dennis.

This picture also illustrates how composition is the key to Mr. Dennis' photography. The same picture cannot be taken any longer because the sea roses there have been destroyed.

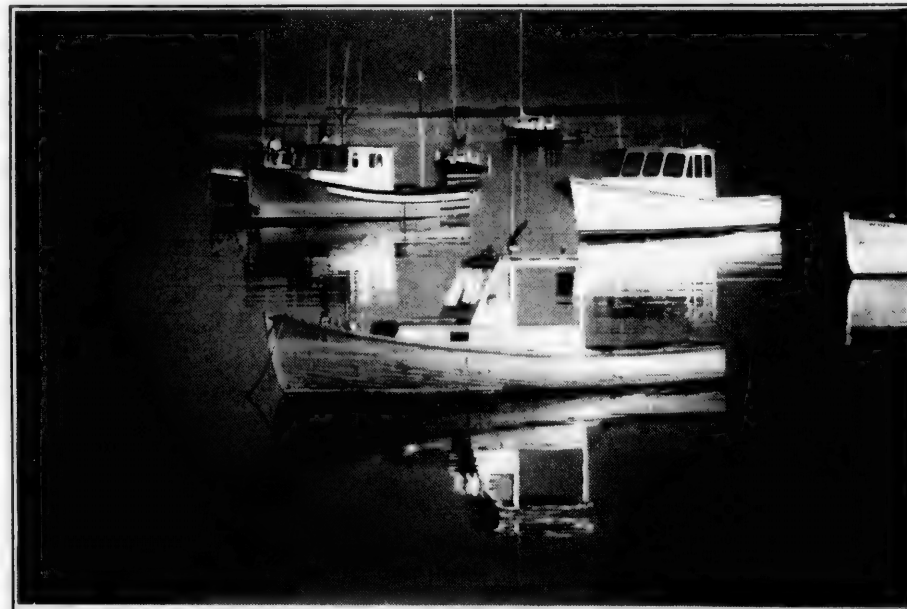
Mr. Dennis has taken thousands of pictures of Maine and believes he has probably snapped "photographs of every scene in Maine."

Photography is only a hobby for Mr. Dennis, who is the senior vice president for Massachusetts Financial Services, a mutual fund company. Mr. Dennis is able to make time for photography on weekends and by squeezing



Photo by Lisa Adelsberger

Robert Dennis prepares to shoot a local scene.



This Robert Dennis photo is of lobster boats at rest at twilight at Cape Porpoise.



This is Robert Dennis' photo of the Goat Island lighthouse off Cape Porpoise.



This Robert Dennis photo is of sea roses along the rocky coast on Ocean Avenue in Kennebunkport. It's part of a series of postcards called "Maine Scenics."



Robert Dennis captured the essence of summer in this photo of an inn overlooking Kennebunk Beach.

[Continued on page 29]

Assistant postmaster given continuance

By Don Staruk

Louis J. Pimpare, 50, of 10 Landing Drive, Methuen, Andover's assistant postmaster, had his Lawrence District Court trial for violating a restraining order "continued generally for six months" last Tuesday, July 30, which means the charges will be dismissed if he doesn't get into any trouble during that time.

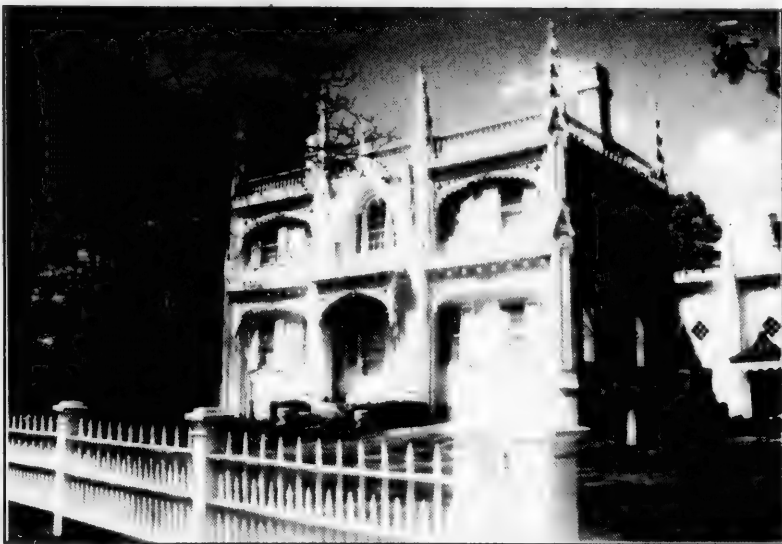
The continuance included conditions that he abide by the restrictions of the 209A restraining order that he allegedly violated, that he have no contact with the woman who filed the restraining order, and that he

stay away from her work site.

The woman, who also works at the Stevens Street post office, consented to the court's action, according to Steve O'Connell, spokesman for the Essex County district attorney's office.

Mr. Pimpare was arrested April 20 at the Andover police station after he allegedly threatened to interfere with the woman's job if she did not drop a restraining order issued against him in December of 1995.

Mr. Pimpare had been free on his own personal recognizance awaiting last week's trial date.



Robert Dennis' shot of a house in Kennebunkport

His Maine hobby

(Continued from page 28)

all of his vacations into a two-week period in the summer.

Mr. Dennis' regular vocation allows him to "focus on photography as a hobby without worrying about the expense of it."

One of the reasons Mr. Dennis enjoys photography is because it relieves him of the stress of the work-week.

"The time I spend in Maine is refreshing and energizing," he says.

Photography also gives Mr. Dennis a chance to get his creative juices flowing.

"My major passion is photography. It serves as an outlet for my creative talents," says Mr. Dennis.

The competitive aspect of photography also intrigues Mr. Dennis.

"I'm a competitive person by nature," he says, "and only a few people get published."

Mr. Dennis also enjoys his hobby because it helps promote

the beauty of Maine.

"Every good photo I take is my expression of love for (Maine)."

Mr. Dennis has shared Maine's beauty through postcards and calendars, and the Kennebunk/Kennebunkport Chamber of Commerce has chosen Mr. Dennis' pictures to be the bulk of its photography section for the last three years in its tourist magazine entitled *The Kennebunk & Kennebunkport Experience*.

Mr. Dennis' photos have also been featured in *U.S. Lighthouse Society*. In 1990, he won first prize in the State of Maine Publicity Bureau Photo Contest. This contest is open to any amateur who has taken a photo of Maine. Having his work singled out was "an honor," says Mr. Dennis.

Not bad "for someone who never took a photo course and doesn't even live in Maine," he smiles.

Town settles discrimination suit with former police officer

By Don Staruk

The town has settled a discrimination lawsuit filed three years ago by former police patrolman Laurence Hickman of Dracut.

"We did settle," Town Manager Buzz Stapczynski said Wednesday. "I am not at liberty to go into details."

The terms of the settlement are protected by a non-disclosure clause, so Mr. Stapczynski could not say the amount of money involved. One source said Officer Hickman previously turned down a settlement offer of \$10,000. Mr. Stapczynski would not say what accounts would be impacted by the settlement, but said the funds will be made available from the budget.

"The issue is it was settled," Mr. Stapczynski said.

Mr. Stapczynski did confirm that the settlement contains an agreement that all mem-

bers of the police department will take diversity training.

Officer Hickman, a nine-year veteran of the force and an African American, resigned in April 1994. He is now is head of training for the Lowell police department.

Officer Hickman filed the discrimination suit in September 1993, claiming he was being unfairly disciplined, because of his race, by his supervisor, Sgt. James Hashem. He resigned a year later because of the discrimination and complete inaction by the department and the town to address the problem, he said at the time.

Officer Hickman received the department's life saving medal in 1991. He was credited with saving the life of an Everett man whose car crashed on Dascomb Road at the end of the ramp from Interstate 93 north.

State Primary to be held Sept. 17, three running for Gary Coon's seat

Wednesday, Aug. 28, is last day to register to vote

The Massachusetts State Primary will be held Tuesday, Sept. 17, from 7 a.m. to 8 p.m.

representative seat. They are all three Andover residents.

Precincts 1, 3 and 8 will vote at the Senior Citizen Center on Whittier Court. Precincts 2, 4, 5, 6 and 7 will vote at the Dunn Gymnasium complex at Andover High School on Shawsheen Road.

The last day to register to vote or change party affiliation for the primary is Wednesday, Aug. 28. The town clerk's office will open the last day to register new voters from 8:30 a.m. to 8 p.m.

Mail-in registration forms are available at all town post offices, Memorial Hall Library and the Town House. Mail-in registration forms must be postmarked by Aug. 28 for the registration to be valid for the primary.

Three primary elections will be held Sept. 17: Democratic Party, Republican Party and Libertarian Party. The elected offices on the primary ballots are: U.S. Senator, Congressman; 5th District, Councillor; 5th District, Senator in General Court; Second Essex and Middlesex, Representative in the General Court; 17 Essex/Precincts 1, 2, 3, 4, 6, 7, 8, Representative in General Court; 18 Middlesex/Precinct 5 only, Essex County Register of Probate, Essex County Treasurer and Essex County Commissioner.

Denise Parsons and Selectman Barry Finegold, both Democrats; and Republican James Fox are running for Gary Coon's state

By state law, each voter enrolled in a party will be required to vote in that party primary the day of the election. Unenrolled voters may choose a party at the primary election. Under new state law, when unenrolled voters vote in a state primary, they will no longer be automatically enrolled in that party. This means that unenrolled voters will not have to fill out a party change card to remain unenrolled. The only exception to this rule will be at the March Presidential Primary Election every fourth year.

The last day to file an absentee ballot application with the clerk's office, if you will be out of town during the day of the election, is Monday, Sept. 16, at noon.

The town clerk's office strongly recommends non-registered voters register at this time in anticipation of the primary in September, the Special Town Meeting in October and the Presidential election in November.

Mail-in-registration forms are available in all towns in Massachusetts and the Registry of Motor Vehicles. You may also register in any town clerk's office in Massachusetts. The Andover town clerk's office is open Monday through Friday from 8:30 a.m. to 4:30 p.m.

For further information, call the town clerk's office at 623-8200.

Want to advertise in the Andover Townsman? Call 508-475-1943

Townsmen EDITORIALS

Winner, New England Press Association's Editorial Page Awards 1993, 1995 • Horace Greeley Award for Community Service

Feeling safe at home

Have you ever lived in a place where you didn't feel safe? It's a horrible feeling. One of our goals as a community should be to make people in Andover feel safe where they live. That's why we staff a good police and fire department. That's why we have people looking into the needs of senior citizens who live in Andover.

There is a group of senior citizens who live in elderly housing at Frye Circle, off North Main Street, who don't feel safe. Their letter is on the next page in today's newspaper.

Two of the 41 people who signed the letter came to talk with the newspaper about their problem. Because the main door to the facilities at Frye Circle are unlocked, anyone can come into the building and then try the doors of individual apartments. And that has happened enough so that these elderly people don't feel safe there.

"To this day some tenants keep heavy furniture against their doors upon retiring," the letter states.

How horrible.

Now the Andover police will be patrolling Frye Circle more often, and that's good news, that should help the tenants feel safer. But the town should install more lighting at the housing site. We asked one woman if the lighting would bother individual tenants and she said, "Too bad. We'll pull our shades. Better to feel safe."

Some of the tenants would like to have the main, outside door to each project locked. But they say there are some objections to that idea. Perhaps that's an idea that should be discussed further.

"We are scared," the letter and the visitors to the *Townsmen* said.

We are sorry you are scared. We don't blame you. We feel sure the town will now address your fears and do everything possible to alleviate your problem.

It's a burden to be worrying about people walking in off the streets at night. It's no way to live. We hope residents at Frye Village soon will feel safer.



The fifth annual Alexander M. Billings Memorial Jimmy Fund Golf Tournament was held at Andover Country Club July 1. The tournament was established in 1992 to raise money to benefit the families of children stricken with cancer. Contributions go to the Dana Farber Cancer Institute's Jimmy Fund. More than 150 golfers participated and 200 people attended the dinner. The day's events raised more than \$20,000 to benefit the Jimmy Fund. In the above photo, Tim Barry of Andover gets ready for his first tee-off with the help of tournament chairman Larry Lamagna, who holds the tee in his mouth!

The good news about growing older

By Perry Colmore

I have a friend whose children are very young. At night when he has finished at work, he goes home instead of going to exercise at a health club. He wants to make sure to see his children before they go to sleep for the night. He'd like to get some exercise, but he also wants to be part of his children's lives.

I've been thinking about the different stages in one's life, how we make choices about priorities, and how some things, like exercise, just have to be put off for a while.

When I was turning 40, a woman in her 60s told me that a person's 40s are the best years of your life. "Your children are becoming more independent," she said, "and you are beginning to see that you might have some life of your own, separate from your children's."

Well, that was true then, but now that I am in my 50s, I have to say I think that these years are the best in my life. My children are adults now; they're fun to be with, they're stimu-

lating, and although they still are financially needy at times, they are beginning to be on their own, independent financially and making their own decisions about their lives.

That means I have time to do what I want: concentrate on work, concentrate on my relationship with my husband, use my time to attend concerts and plays, to read and to write.

No longer is what I wear a major priority. Oh, I care what I look like, but I can give up the idea that my figure will be perfect, my clothes will always match, that I will show up at an event perfectly dressed.

No longer do I need the amount of money I used to think I needed. Of course, I'd love to win the Lottery, and I'd like to travel more, but I don't even play the Lottery. Essentially, I have what I need. My husband and I can take vacations, we can even spend a weekend in Maine and come home feeling as if we'd spent a whole week in a different country renewing ourselves.

By the time you're in your 50s, you have learned to say no. You know how much you can do, usually, and it's easier to turn down requests that you know you can't fulfill. You don't worry about being all things to all people, you simply know you can't, so you make decisions accordingly.

I spend hours reading. And I can read up to page 29 in a book and decide it's not a go, that I don't want to spend my time with this author, and put it down. I can walk out of an unsatisfactory movie, electing to spend my time in a more valuable way.

I have the time now to reach out to someone I might be able to help by listening. I can talk on the phone with someone without my children climbing up my legs, demanding my immediate attention.

When I was in my 20s, marriage was the thing. For me, those were the days when John and Bobby Kennedy and Martin Luther King were assassinated; those were the days of Kent State. But the truth is, I don't remember those events that vividly. I was learning to be married; I was at a new job, teaching school, I was learning to cook, I was learning how to live separately from my parents or from a college roommate.

When I was in my 30s, my children were the thing. I was putting my energy into being a good parent, trying to meet my children's needs while occasionally checking on my needs, which were almost always on the back burner. During those years, I cared a lot about what my children and I looked like. I was ambitious

(Continued on page 31)

LETTERS

Peter Afarian's mom expresses heartache

Editor, *Townsmen*:

On that bright Saturday afternoon when my dear son Peter kissed me and said goodbye, little did I know that it was for the last time. Our hearts were broken by his tragic and sudden death. He brought sunshine into our lives in many ways. This last week has been like a terrible nightmare for my husband, Khatchik, my son Gregory, and myself. If we could only wake up and have all of this go away! But, it can't be so.

Words cannot express the emptiness we feel. We could not have made it through these difficult days without the support we received. The outpour of cards, flowers and expressions of sympathy from all of our family, friends, fellow students, town and school officials, and the entire community was overwhelming. Our faith in God and all the kindness shown to us by everyone has helped to ease the pain and emptiness we feel in our hearts. Every day we hear how Peter touched the lives of people. Our happy thoughts of Peter will keep his memory alive forever.

Pete's Mom
Mary Ann Afarian
4 Ferndale Ave.

Frye Circle tenants: We don't feel safe

Editor, *Townsmen*:

We, the tenants of the elderly housing at Frye Circle, are looking for your help.

On Wednesday evening, July 31, a meeting was held at Manning Hall from 7 p.m. to 8 p.m. The tenants came forward telling of incidents of strangers being in our hallways from 10 p.m. to 5 a.m., turning their door knobs or knocking on their doors. To this day some tenants keep heavy furniture against their doors when retiring.

Police Officers George Miller and

In her 50s and loving it

(Continued from page 30)

socially; I wanted to hang out with the "right" people. I often wanted a larger house, new furniture, a better car, more expensive and glamorous vacations.

By the time I hit my 40s, my job was becoming more full time and more important to me. I finally began to have the space to be ambitious. I remember thinking at first that something was wrong with me when I'd done one newspaper editorship for almost two years and I was beginning to look around at other newspapers, thinking of a more challenging newspaper to run. "What's wrong with me?" I said at first. "This is a good job, why

Stephen Martellini encouraged us to call the station immediately of any strangers seen in the buildings. The officers also suggested we contact our selectmen with a letter and signatures of Frye Circle residents requesting a sign be put up at the bottom of our driveway stating that we are patrolled by the police department.

I have requested the housing board for locks to be installed on our outside doors during the last five years. But as usual, there is no money available for security. In the past, a person was found hiding under the stairs in one of our hallways.

We are scared.

We thank you for any help you can give us.

Audrey Poole
Elaine Daily
Florence L. Haskell

[Editor's note: In all, 41 residents of Frye Circle signed this letter.]

Waitressing is an honorable profession

Editor, *Townsmen*:

Today I came home from work looking forward to reading the *Andover Townsman*. I had spent the day working with and training highly professional waitstaff, people who are very proud of their jobs waiting on tables.

I turned to page six of your newspaper to view an ad of a woman who in large print says she worked a dead-end job that only pays the rent. As a single mom, she thought she'd never get out of the waitress role. This was an ad for an institution of higher learning stating you can do better by attending their college. Waiting on tables is a dead-end job!

I paid for my college education waiting on tables and was always proud of what I did because I did it well.

Today the chef of a restaurant is elevated to "celebrity status," but what about the person who deals directly with the customer, by anticipating their needs, listening to them, making them laugh, serving their meal? It takes a very special type of person to

aren't I satisfied with it?"

Nothing was wrong with me. Finally I had the space in my life to be ambitious, to be growing on my own in a job. I was learning. I was challenged. I was having fun.

Now I am in my 50s. Life has not always been easy. I have been divorced; I have had to fight off a major, life-threatening illness. But I have been rewarded. I have an important and rewarding spiritual life; my marriage is the reward of my life. My children are wonderful and loving. My job is challenging and rewarding. It's a relief to know what I want in life. Being in one's 50s is the greatest.

wait on tables in a professional manner. They are just as skilled as an engineer, doctor, lawyer or computer programmer. We have people working for us who are incredibly good at what they do and carry that pride with them.

I am very disappointed that your newspaper would print an ad that denigrates a profession that millions of people perform every day.

You allowed this college to express the feeling that someone that waits tables is less of a person than someone who is a computer programmer.

My parents taught me that any job was a respectable job if you performed it to the best of your ability. This places you in the category of a professional. (This includes the waitress role that the ad you printed dealt with an obvious derogatory connotation.)

In this age of "political correctness," an institute of higher learning should be more responsible in its advertising message.

Ronnie Michel
Andover

Another point of view

Editor, *Townsmen*:

In response to an article in the July 25 *Townsmen*, ["Religious center says 'Shalom' to Shawsheen Square"] I want to make it clear that Rabbi Bronstein and his sect in no way represents my beliefs and most of the Jewry of this community. I hope and pray the residents of Andover, whatever their religious persuasion, will be able to make the distinction. In my own way, I try to explain to friends that have questioned me on the differences of belief. Each belief is viable and no one belief is for everyone. Rabbi Bronstein presented a narrow view.

Judy Lee
North Andover

What a Main Street

Editor, *Townsmen*:

My name is Rita. I live in an urban community in Essex County, New Jersey. In my years of living in New Jersey, I've walked down many Main Streets. After strolling down the Main Street of Andover, Mass., Main Street will never be the same.

Enclosed is a copy of what I observed as I visited your Main Street. I hope you'll find it as entertaining as did my colleagues. It is also my hope that it may land itself a spot in your local paper.

Whichever path it takes, I trust that all who have the opportunity to read it will enjoy it as much as I did composing.

Rita D. Lassiter
Andover Bread Loaf Writers
Workshop
51 Delmar Place
Irvington, N.J. 07111

Main Street
This Main Street was unlike any I know;

Lined with boutiques, antiques, Enzo and Vincenzo;
Saabs and Volvos parked neatly outside;

The existing affluence, one could not hide.

We strolled down the street like neighborhood pals;

Standing out from the rest, we African gals.

Each of us strolled with a style of our own;

One would have thought we were right at home.

Not a piece of debris floating around;
Rather fresh air and cleanliness only to be found.

The people in the streets, the clerks in the stores;

Were nothing but pleasant, who could ask for more?

We continued to walk, stopping here and there;

Frolicking like school girls, in this serene atmosphere.

"I like your hair," remarked a local passerby;

Her genuine sincerity, we could not deny.

The sun shone brightly, our brows glistened with sweat;

We continued to stroll 'cause we hadn't finished yet.

Soon the sun was fading, the day was at an end;

So we headed back to the Volvo, which with the others did blend.

This Main Street was unlike any I know;

Lined with antiques, boutiques, Enzo and Vincenzo.

CALENDAR

THURSDAY, AUG. 8

Greater Lawrence Building Expansion Sub-Committee, 12:30 p.m., school building, 57 River Rd.

School Building Committee, 7:30 p.m., third floor conference room, town offices, Bartlet Street.

FRIDAY, AUG. 9

Healthy Communities Tobacco Awareness Program, advisory committee meeting, 10:30 a.m., 10-12 Main St.

MONDAY, AUG. 12

Merrimack Valley Planning Commission Executive Commission, 11:30 a.m., 160 Main St., Haverhill, Ma.

Merrimack Valley Metropolitan Planning Organization, 1 p.m., 160 Main St., Haverhill.

TUESDAY, AUG. 13

Planning Board, 7:30 p.m., third floor conference room, town offices, Bartlet Street.

WEDNESDAY, AUG. 14

Board of Selectman, 7:30 p.m., third floor conference room, town offices, Bartlet Street.

THURSDAY, AUG. 15

School Building Committee, 7:30 p.m., third floor conference room, town offices, Bartlet Street.

Looks like school will open on time: Sept. 4

By Neil Fater

Although none of its old classrooms will be renovated this summer and students may eat lunch in Dunn Gymnasium for the first two months of school, town and school leaders expect Andover High School to open on time.

Bernie Tuttle, school business manager, said all the schools will open Sept. 4, including Andover High and Sanborn Elementary where construction work continues.

Mr. Tuttle said of Sanborn School, "I was just up there Friday with Mead Consulting and we did a walk through and I think they're still a little ahead of schedule."

Andover High, however, is still far behind even the schedule presented to voters at April Town Meeting, when residents approved an extra \$2.43 million to complete the project.

The School Building Committee

'Things are moving along out there and we're hoping - I don't want to use hoping - we're expecting everything will fall in place for the opening of school on the 4th.'

Town Manager Buzz Stapczynski

expected the heavy demolition work and associated noise of renovating the existing classrooms to take place this summer, while students and teachers were out of the building. Instead, workers will complete the inside work to the lobby, new gym and science wing that was supposed to be finished before the end of June.

In early July, the town threatened to hold the contractor in default of contract in large part because there were not enough workers on site. Buzz Stapczynski, town manager, said

things have improved since then, although there are still not as many people on site as there were during the school year.

"They're doing different kinds of work than when school was in session," he said.

Mr. Stapczynski said that during early July there were 18 workers on site, including six inside the High School. Now there are 20 to 27 workers inside the school every day and seven people working on the outside jobs.

"Things are moving along out there and we're hoping - I don't want to use hoping - we're expecting everything will fall in place for the opening of school on the 4th," he said.

Ellen Parker, High School principal, said she expects cold lunches to be brought into Dunn Gymnasium while students are waiting for the cafeteria to be ready.

"It could be as much as two months. The cafeteria and kitchen area may not be done until the first of November," said Mr. Tuttle.

The town has planned a tour of Andover High for the press today, Thursday.

"There's some good things happening and we want to let the community and the parents know," said Mr. Stapczynski.

Back to School - a special section running in the Andover Townsman Aug. 29

VNA seeks volunteers to work with HIV patients

Home Health VNA is looking for volunteers to assist clients who have been diagnosed with HIV disease. Volunteers will provide friendship and companionship as they help clients cope through their disease process. Volunteers may also provide comfort, light house-keeping chores and help with child care or other necessities.

A free, 20-hour training course will begin in September. Previous experience is not required. A one-year commitment is required. Spanish-speaking skills are helpful.

Call HIV/AIDS volunteer coordinator Therese O'Donnell at 470-1615.

Summertime Specials

Sweet Corn

NATIVE SWEET CORN, VEGETABLES & FRUIT

- Come Sample Our Jams and Dressings
- Bakery Goods from Karen's Bakers

Tune into "Gardening Around" with Stephen Rogers - On WCCM - 800 AM, Fridays 11am-12 Noon

Rogers Spring Hill Garden Center

Rte. 125 at the North Andover/Haverhill Line
OPEN: Mon.-Fri. 8-6; Sat. 8-5; Sun. 9-4
508-372-4780

Your Dental HEALTH

by Richard D. Hopgood, D.M.D.



MUSCLING IN ON TMD

It might be thought that astronomers would discover a new planet before someone uncovered a new muscle in the human body, but that is exactly what two dentists from the University of Maryland have done. It was the dentists' unorthodox dissecting technique with cadavers that led them to discover a muscle which begins at a bony structure behind the eye and attaches to the jaw. Not to be found in Gray's Anatomy, the newly discovered muscle was previously assumed to be a tendon connected to an overlapping, larger muscle. The discovery may carry some importance for those suffering from temporomandibular disorder (TMD). About 10% of TMD sufferers experience migraine-like headaches that start behind the eye, where the newly found muscle is anchored. Because relaxation techniques help relieve the pain, it is thought that unconsciously tightening the muscle causes the pain.

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P.S. After scientists have verified its existence, the newly discovered muscle mentioned above (to be called sphenomandibularis) will be catalogued into Gray's Anatomy to create the first new entry of a muscle in the 135-year history of the book.

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Professional Profile

From the left, front row, Kathleen Desmond and Felix Consilvio, back row, Robert Abruzese and Robin Barclay

Abruzese, Consilvio & Barclay

For over 20 years, the law firm of **Abruzese, Consilvio & Barclay** has offered clients legal representation noted for both quality and diversity. Located in Medford, the firm has opened an office in Andover in the Fleet Bank Building on Main Street.

"We are a full-service firm - that's the nicest part," said Attorney Robin Barclay, who lives in North Andover with her husband and four-year-old son.

Abruzese, Consilvio & Barclay represents whole families. Often a client getting one kind of legal assistance will ask the lawyers to assist another family member with a different legal matter.

The firm offers services in the following areas: real estate, personal injury, worker's compensation, family law, estate planning, elder law, and corporate and business. Attorneys at

the firm will assist those with a legal question and may take certain measures to prevent the questions from becoming a legal problem. If the situation becomes more complicated, however, they will help find the best possible solution.

Robert G. Abruzese, a 1969 graduate of Suffolk University Law School, founded the firm and specializes in business representation, municipal law and estate planning and administration. He is a life-long resident of Medford.

Felix J. Consilvio, a 1969 Boston College Law School graduate has extensive experience in all areas of general practice. He now concentrates on real estate law, including conveyancing and property disputes. Mr. Consilvio has two children and lives in Lexington.

Robin M. Barclay was employed

as a prosecutor for the Office of the Attorney General in Boston from 1983 to 1986, and retained the position of Special Attorney General through 1995. A graduate of Boston University School of Law, she has specialized in the fields of personal injury, family law and general litigation. She joined the firm in 1986.

Kathleen A. Desmond specializes in civil litigation, corporate law and real estate matters. A graduate of Suffolk University Law School, she has been associated with the firm since 1987. She lives in Dracut with her husband and three-year-old son.

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HOMELESS

Yes, we know this dog, a cross shepherd mix, was in last week's *Townsmen*. But she still doesn't have a home, and workers at Andover Animal Hospital say she's a good girl. She was found July 24 on High Plain Road and she wasn't wearing a collar or tags. A little love and some chow and she'll make some family a wonderful pet. If you'd like to meet this pooch, call Andover Animal Hospital at 475-3600.

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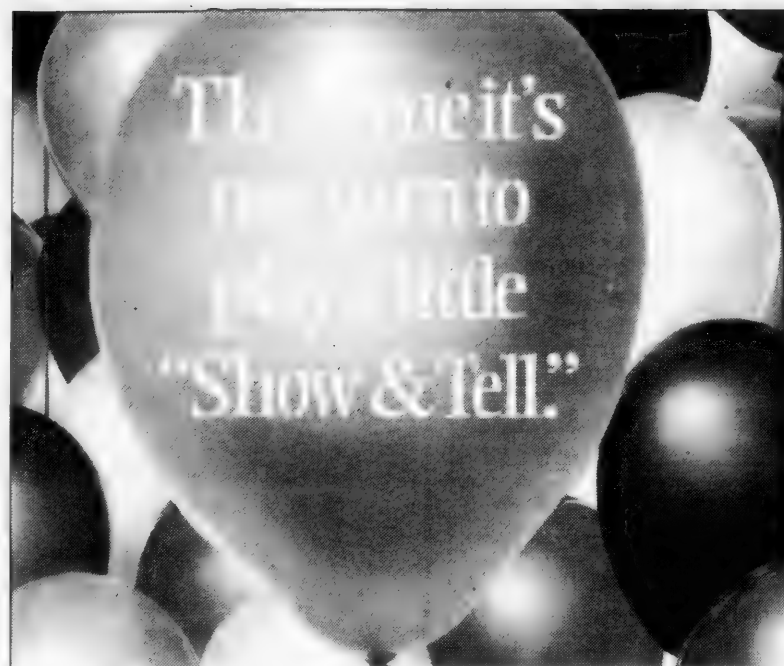
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SPORTS

Local Pony League champs win 3 to advance in tourney

By Rick Harrison

Regular season champion Andover reached the title round of the double-elimination Suburban Pony League playoff tournament by winning three games over the past week.

The top-seeded locals, 17-1 overall, were handed a 7-0 forfeit victory over No. 8 seed Medford, rode lefthander Matt Antaya's five-hit shutout to a 3-0 triumph over No. 5 seed defending league champ Lowell, and edged the surprising No. 7 seed Reading Rockets 6-4.

Those wins advanced Andover to the final round this Saturday, where it awaits the survivor of two loser's bracket games earlier this week involving Lowell, Reading and No. 2 seed Wilmington.

The title game is scheduled for Saturday, tentatively at Alumni Field in Lowell, with a second game necessary only if Andover loses. That winner-take-all final would be on Sunday at Wilmington High (4 p.m.).

**Andover 3
Lowell 0**

The winners defeated the Lowell Police for the third time this summer, the regular season wins by 5-1 and 4-1 scores.

Matt Antaya tossed a crisp five-hit shutout, striking out two and walking only one.

His teammates played errorless ball behind him and turned two double plays to make life easier.

Dan Shea was a hard-luck loser for Lowell, firing a three-hitter while whiffing six and walking three.

Andover, which did not leave a runner on base, made the most of its lone opportunity with all three runs and all three hits in the bottom of the fourth.

Dave Powers led off with a single but was later picked off. With two outs Antaya and Ryan Hannigan (back from a hand injury) drew consecutive walks, Nick Branzetti laced an RBI single and Mark Rocca drilled a two-run single.

Antaya was tough when he had to be.

Shea opened the game with a first-inning triple, but he never moved off third base as Antaya retired the next three batters on a pop-up to shortstop Rich Johnson, line drive to right fielder Powers and a strikeout.

Bryan Brunelle belted a one-out double in the Lowell fourth, but again Antaya escaped after a pair of infield popouts.

After a leadoff walk in the Lowell fifth, Andover turned a 5-4-3 double play involving third baseman Ted Witman, second baseman Rocca and first baseman Branzetti.

In the sixth pinch-hitter Matt Donahue lashed a leadoff single, but a flyout to right was followed

SUBURBAN PONY LEAGUE

TOP 8 TEAMS	W	L	T	Pts.
1. Andover	14	1	0	28
2. Wilmington	13	4	1	27
3. North Andover	12	5	1	25
4. Reading Astros	12	5	1	25
5. Lowell	12	6	0	24
6. Wakefield	10	8	0	20
7. Reading Rockets	8	7	3	19
8. Medford	8	8	1	17

by the second twin-killing from shortstop Johnson to Rocca to Branzetti.

Brunelle opened the Lowell seventh with a single. The next batter skied to center, and Brunelle was erased at second on Tom Thornton's fielder's choice grounder.

Matt Michaud followed with a single to right, but pinchrunner Steve Sousa was thrown out at third base by Powers to end the game.

Witman played an outstanding defensive game at third for the winners.

**Andover 7
Medford 0**

The first-round forfeit win was nowhere near as simple as it looks.

Andover and Medford played to a 6-6 tie before their opening round game was suspended by

darkness after six innings last Thursday night at the Doherty Middle School field.

When the teams returned the next night to complete the game, Andover head coach Kevin Rourke lodged a protest claiming that Medford was using several ineligible players.

Medford went on to win the suspended game, 9-7, and the protest was still being investigated

when Andover started playing a loser's bracket game with the Reading Astros immediately after the Medford game.

"I had to make several calls before I could verify the Andover claim," said acting SPL head Mark Dufour of Lowell. "Rosters are limited to 18 players, and after calling three league coaches it was apparent Medford had used at least 26 different players during the season and had never submitted an official roster."

"The coach apologized and said he wasn't using any of the ineligible players in the tournament, but they clearly had violated the rules," said Dufour.

"Kevin (Rourke) agonized about reporting the violation and felt badly about it (the protest), but what he did was absolutely the right thing," added Dufour.

Andover was in the sixth inning of a close game with the

Astros when the forfeit was officially awarded and the locals were shifted back to the winner's bracket.

Playoff Results

First Round

Andover 7, Medford 0 (forfeit)
Lowell 9, Reading Astros 6
North Andover 14, Wakefield 1
Reading Rockets 8, Wilmington 3

Second Round

Winner's Bracket

Andover 3, Lowell 0
Reading Rockets 4, N. Andover 2
Loser's Bracket
Wilmington 3, Wakefield 0
(Wakefield eliminated)
Reading Astros 7, Medford 0
(forfeit, Medford eliminated)

Third Round

Loser's Bracket

Lowell 8, Reading Astros 6
(Astros eliminated)
Wilmington 9, North Andover 2
(North Andover eliminated)
Winner's Bracket
Andover 6, Reading Rockets 4

Game Tuesday Night

Loser's Bracket

Wilmington at Lowell

Game Wed. Night

Reading Rockets vs. winner
Wilmington/Lowell

Championship Round

Game Saturday

Andover vs. winner
Reading/Wilmington/Lowell,
time and site TBA.



Andover American Legion Post 8 team wraps up its 1996 summer season

The Andover American Legion team went 21-6 overall this summer, winning the Essex County Zone 8A title for the fourth time in seven years, and qualifying for the playoffs for the sixth time in seven years. Post 8 lost two close games (5-3 and 6-5) to Newton Post 440, in a best-of-3 North Sectional quarterfinal round playoff series. The Post 8 team members are (front) Rick Johnson, Ryan Hanigan, Jason Caverly, Rob Busby, Brian Tisbert, Scott Petersen, Dan Goselin; (rear) manager Joe Iarrobino, Ben Gibson, Dave Salafia, Keith Grant, Ted Payne, Hugh Quattlebaum, Mark O'Sullivan, Stephen Vickers, Mark Langone, coaches Kevin Rourke and Steve Tisbert.

Andover Thunder 14U team comes roaring back

The Andover Thunder 14U Girls softball team avenged its only loss of the season with a 23-5 slaughter over Lynnfield. The team's record now stands at 6 wins, 1 loss and a tie.

The Thunder started by loading the bases with two out in the top of the first when Robin Young hit a long triple to right field scoring three runs. After three innings they led 10-5, then blew the game open by shutting down Lynnfield the rest of the way behind the pitching of Laura Stone and excellent defense by Leah Rastiello at third and Ellen Donahue at shortstop. (Thunder played an errorless game.) Ellen was also one of the offensive stars of the game, going 3 for 3 and two walks. Other hitters were Morgan Jacobson (four runs), Michelle Leahy and Laura Stone.

After an opening loss Thunder went to Stoneham, fell behind 5-2 after one, but tied it in the second on doubles by Kerri Axelrod and Michelle Leahy and a clutch single by Kristin Connors. Down 12-11 going into the seventh, with one out, a double by Leahy and single by Ellen Donahue tied the game. Ellen then stole second and scored on a single to center by Katie Mullen to put the Thunder up by one. Katie stole second, went to third on a wild pitch and scored on a single by Kim Adlman. Kim stole second, went to third on a fielder's choice and then scored what proved to be the winning run on a daring steal of home, sliding under the catcher's tag. Thunder was up 15-12, but Stoneham scored twice and loaded the bases with two out. After two long fouls the Stoneham hitter finally flew out to left field to give Andover its first win. Michelle Leahy blocked many pitches, including one that would have tied the game.

Thunder then moved on to Ipswich, but fell behind 10-0 after three innings.

After a brief meeting in the dugout, they scored 22 runs in the fourth and 15 in the fifth to win 37-12. Everyone was a hitting star as hit after hit went into the gaps to the wall. The final line was 46 at-bats, 34 hits, and 8 walks.

Thunder next beat North Andover 22-13. Missy McDade was 3 for 3 and a walk and scored four runs helped by some daring baserunning. Kerri Axelrod, Kerry Nugent and Laura Stone also had three hits.

After a one week layoff because of rain and rescheduling, Thunder got off to a bad start against Danvers, trailing 20-9 after four innings. With runners on second and third, Danvers hit a hard line drive, but Diana Peterson managed to get to it, juggle it in her glove, then barehand it and double-up the runner at



second. Behind three hits each by Kim Adlman and Diana Peterson and four runs by Cara Chiaraluce, Thunder was down only 23-22 going into the last of the seventh. An opening single by Kim was

followed by a long drive by Kristin Connors, scoring Kim, but Kristin was thrown out at second trying for a double. Thunder had to settle for a tie.

Last week Thunder

(Continued on page 37)

◀ The Andover Thunder won games against Beverly and North Andover this week to advance its record to 8-1-1. Andover Thunder 14U travel team members are (from left) front row, Erin Zuena, Diana Petersen, Kerry Nugent, Kim Adlman, Christine Smaglia, Robin Young; middle row, Kristin Connors, Laura Stone, Michelle Leahy, Missy McDade, Cara Chiaraluce, Morgan Jacobson. Coaches in the back row are John Baker, Joe Leahy, Joe Adlman. Missing players: Katie Mullen, Kerri Axelrod, Ellen Donahue, Leah Rastiello. Missing coach: Frank Mullen.



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Andover girls trying to hang on as season nears end

By Jenn Morris

This week's action in the Middle-Essex League brought the Andover 18U girls softball team its second loss followed by a win. The Reading Rage was able to come from behind and beat the hometown team 8-3.

Andover started the scoring in the second with two on an error by Reading and singles from Jen Mann, Andrea Campbell and Jill Cunningham. This gave the Blue and Gold the lead because the Rage had scored one in the top of the first. Then Reading tied it up in the fourth on some solid hits. Then Reading blew it open in the sixth, scoring six runs to secure the win. Andover made an attempt at a comeback in the bottom of the seventh when Jenna Parafinczuk belted a double and was moved to third on a sacrifice by Andrea Buonaugorio. Parafinczuk ended up scoring on a single by Megan Burke but unfortunately it wasn't enough to get past the Rage.

The next night Andover was able to come out on top with a 14-12 win over Amesbury. Falling behind 3-0 in the first, the girls came back in the second with three to tie it up. Combining for singles to score were Carrie Torrisi, Kaitlin Dargan, Buonaugorio and Campbell. Andover added one more in the third when Michelle Carpentier scored on a sacrifice by Michelle Langone. In the fourth, they extended their lead by one more when Burke scored as a result of some Amesbury errors. Amesbury got back in the ballgame in the fourth with some solid hitting to score seven and go ahead 10-5. Andover answered that with two in the fifth on singles by Lauren Roda and Carpentier and a sacrifice by Parafinczuk. Defense was key in shutting down Amesbury in the fifth and sixth. Mann, Lisa Sawin and Cunning-

ham worked hard for the outs. Andover rallied back in the sixth with seven runs to go ahead 14-10. Kelly Roberge started off the inning with a well executed bunt Burke walked, Mann smashed a double, Torrisi walked, Dargan reached

base on an error, Buonaugorio walked, Sawin and Cunningham singled and Campbell and Roda hit sacrifices to bring the hometown team back on top.

Amesbury threatened with two runs in the seventh but Andover was able to

shut them down with runners in scoring position. Cunningham and Langone combined to pitch the win.

This week the 18U Traveling Team will be facing Danvers and Marblehead to mark the final games of the season.

Andover resident claims Senior Men's Division title of 1996 Toyota Golf Skills Challenge

Bob Trites, 55, of Andover was named the Senior Men's Division champion of the 1996 Toyota Golf Skills Challenge, held at Ponkapoag Golf Course Aug. 2-4 with a score of 18 (Par 32).

Ponkapoag is one of 10 select courses hosting this year's national tour. The Toyota Golf Skills Challenge attracted more than 1,800 participants of all ages and abilities.

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Andover Thunder 14U

(Continued from page 36)

won all their games, Lynnfield, Ipswich again, and another great performance against Wakefield. After the score was tied 8-8 after two innings, pitcher Laura Stone (who has pitched all or part of every game and been superb, her coach said) gave up no walks, and the defense was errorless winning the game 18-9. Christine Smaglia celebrated her return to the team with three hits. Laura Stone, Katie Mullen, and Michelle Leahy also had three hits. Erin Zuena also returned to the team and drove in two runs with two outs in the third as Thunder broke the game open with six runs. Kristin Connors played another outstanding game at first base. Only one throw has gotten by in the last four games and was backed up alertly by Morgan Jacobson in right field.

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SPORTSTALK

Lindsey Rudolph of Andover recently competed in the YMCA Nationals in Toledo, Ohio. More than 1,000 gymnasts from 22 states and 102 YMCA teams attended the qualifying meet.

Lindsey competed in the senior developmental division and placed seventh in floor with an 8.75, fifth on bars with an 8.325 and was 8.25 on the beam. She scored an all-around of 33.325, sixth in her age division, and placed 34th overall out of 84 gymnasts.

Lindsey competes in the regular competition season for the Andover-North Andover YMCA and Andover High School.

Amy Axelrod of Andover was a member of the Suns U-14 girls' soccer team that recently competed in the 12th annual USA Cup in Blaine, Minn. The Suns compiled a 5-1 record during the week-long event, outscoring their opponents 22-2.

The Merrimack Valley Pirates finished in fifth place overall at the New England Long Course Age Group Swimming championships held recently at Harvard University. Several residents had strong performances.

11-12 girls division: Erica Douvadjian placed seventh in the 100 breaststroke and 10th in the 50 breast. She was also part of the girls' relay team that took the gold medal in the 200 medley relay and the silver medal in the 200 free relay.

11-12 boys division: Patrick Rulon-Miller was part of the relay teams that finished sixth in the 400 free relay, and seventh in the 200 free relay and 200 medley relay.

13-14 girls division: Sophie Cowan finished third in the 800 free, fourth in the 100 free, seventh in the 200 free and 13th in the 50 free. Kérryn O'Connor captured eighth in the 50 free and 1,500 free, 10th in the 800 free, and 12th in the 100 free and 400 free. Sarah Ferranti took 12th in the 50 free, and 16th in the 100 fly.

13-14 girls division: Cowan and O'Connor



Lindsey Rudolph

were members of the relay team that won the silver medal in the 800 free relay and Ferranti, Cowan, and O'Connor, were part of the relay team that took fourth in the 400 free relay.

13-14 boys division: Brendan Griffin and Jim Russo were part of the relay team that took third in the 400 medley relay, fourth in the 800 free relay and sixth in the 400 free relay.

15-18 girls division:

Jenna Blongiewicz finished seventh in the 100 back and ninth in the 100 free and 200 back.

Read Rick Harrison in the Townsman sports pages.

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Andover Blue 12U girls team wins NE Regional B division tournament

The Andover Blue 12 and Under girls softball team won the New England Regional B division tournament two weeks ago in Belmont, N.H. They combined stellar defense and pitching with timely hitting, coaches said. Here's a summary of the tournament action:

Andover 13 Stoughton 6

Andover jumped to a one-run lead in the first inning on hits by Andrea Grams and Allison Arrigg. Stoughton responded by scoring three in their half. Andover then began working at the plate. Kaitlyn Hyde had four hits during the game while Grams had three and Kaylan Tildsley had two. Merry Fish and Dana Medaglio made good catches in the outfield, stopping rallies and saving runs. Lexi Costello was perfect at shortstop and Arrigg survived a shaky start, allowing four hits over the entire game. Jenny Muller and Melissa Carpentier also contributed hits.

Andover 8 Freemont, N.H. 0

Allison Arrigg pitched her first shutout of the tournament, only giving up one hit. Jenny Muller started by walking and stealing second. Kaylan Tildsley bunted her to third and Muller scored on an infield out. Dana Medaglio set the pace on defense by throwing out the leadoff batter from right field. Lexi Costello and Tildsley anchored the infield. Andover exploded for seven runs in the fifth inning. Molly Klarman reached on a wild pitch and Melissa Carpentier earned a walk. Merry Fish laid down a perfect bunt to score one run, advancing the other runner and beating out the throw. Jenny Muller and Andrea Grams crashed hits, plating four runs. Costello and Arrigg got the last two runs in. The defense made only one error and did not allow a runner past second base. The game was won after five innings by the mercy rule.

Andover 8 Maaranacock, Maine 0

Allison Arrigg pitched her second shutout, giving up only two hits and striking out five. Jenny Muller hit a single and scored on a double by Andrea Grams. Grams had three hits, Muller had two and Lexi Costello and Dana Medaglio contributed one each. Kaylan Tildsley advanced crucial runners with her bunting and Brooke Torre showed aggressive base-running. The infield had six assists and Tildsley made a great catch going back at second. Torre and Andrea Manners covered the line at third.

Maaranacock, Maine 9 Andover 4

The Maaranacock, Maine,

team ran the bases for a 9-2 lead. Andover rallied for two runs in the bottom of the seventh inning. Jenny, Andrea Grams, Lexi and Molly Klarman had Andover's only hits. Andrea Manners, Jenny and Grams combined to throw out a runner at the plate for the defensive play of the game.

Andover 9 Maaranacock, Maine 0

The last game was winner-take-all. Kaylan Tildsley dove for a ground ball and came up throwing to catch the leadoff batter. Allison then struck out the second hitter. Andrea Manners went to the third-base line for a grounder and got the number three hitter. Andrea, Kaylan, Lexi and Jenny played perfect infield defense. Andrea Grams caught one of only two base-runners stealing. Allison Arrigg pitched her third shutout and no-hit the Maine champs. Grams and Dana Medaglio had two hits each while Kaylan, Lexi and Manners also had hits. Jenny started the scoring with a walk and stolen base. Kaylan advanced her to third and she scored on an infield out. In the second inning, Kaitlyn walked and stole second while Allison moved the runner along and beat out the throw to first. Dana doubled home two runs for a 3-0 lead. In the third inning, Andrea, Lexi and Dana had hits for three more runs to lead 6-0. Manners, Kaylan and Grams had a hit each and three more runs came across the plate in the fourth inning. Grams ran the bases aggressively while Merry and Brooke were called on defensively and responded perfectly. The fielders responded on 13 chances without the error. The game was shortened by the mercy rule.

After the game, Coach Tildsley was given an ice-water shower by his team. With coaches Murray Fish and Bob Medaglio positioning the defense, Dick Muller at third base and Fred Arrigg, Coach Tildsley had the time to play every player in every game and concentrate on coaching the players. The players received trophies in a post-game ceremony.

Earlier games

Andover 7 Norton 4

Andrea Grams has three hits, followed by Lexi Costello with two. Allison Arrigg struck out 10 and only allowed two hits over the seven innings. Andover struck for five early runs and then coasted to the victory. Dana Medaglio contributed the only other hit in the game.

Andover 16 Dartmouth 2

Andover banged out 19 hits



The Andover Blue 12U girls softball team members are (front row, from left): Lexi Costello, Merry Fish, Kaylan Tildsley, Allison Arrigg; second row, Molly Klarman, Kaitlyn Hyde, Dana Medaglio, Andrea Grams, Jenny Muller, Brooke Torre, Andrea Manners, Alison Grams; third row, coaches Dick Muller, Murray Fish, Fred Arrigg, Jim Tildsley, Bob Medaglio. Not pictured are Melissa Carpentier and Katie Kramer.

in a game shortened by the mercy rule. Kaylan Tildsley, Andrea Manners, Lexi Costello, Andrea Grams and Allison Arrigg all had a multiple-hit game. Andover scored five in the first and never looked back for their easiest win of the tournament. Merry Fish and Brooke Torre both scored a pair of runs. Allison Arrigg struck out 12 in the game including eight in succession.

Andover 5 Stoughton 3

Andover jumped to a four-run first inning, then held on for the win. Dana Medaglio and Kaylan Tildsley had two hits each, while Allison Grams had a pinch-hit single. The infield of Lexi Costello, Andrea Manners and Kaylan Tildsley had seven assists and five put-outs on the bases. Allison Arrigg struck out eight, walked two and only allowed five hits. Andrea Grams gunned down two runners trying to steal in the sixth inning to seal the victory.

Andover 11 Lowell 1

Jenny Muller had two hits and three runs scored in another game shortened by the mercy rule. Kaylan Tildsley and Andrea Grams also had multiple-hit games and scored two runs each. The defensive play of the game was turned in by the combination of Dana Medaglio, Kaylan Tildsley and Jennie Muller. Dana went to left center to cut off a hit and made a good throw to Kaylan at second. Kaylan and Jennie then executed a perfect run-down thwarting Lowell's last chance. Grams then came up with the bases loaded and brought them all in for the win. Allison Arrigg struck out seven while not walking any.

Other games this season

In other games, Andover defeated Uxbridge 12-8, and also edged Northbridge 4-2.

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BUSINESS PROFILES



From the left, Chris, Leo, Sr. and Sandy Gravell

Andover Hockey Shop

Andover Hockey Shop has the largest selection of sporting goods in the area. Their courteous service and reasonable prices have earned them a loyal clientele. They are well stocked to assist the athletes in choosing appropriate equipment for their favorite sport, whether individual or team. They have the largest selection of hockey equipment in the Merrimack Valley. Although hockey is their specialty, they carry equipment and uniforms for soccer, lacrosse, football, basketball, baseball, softball and cheerleading.

All types of skates are carried at Andover Hockey Shop: recreational, in-line, fitness and hockey specific. In-line roller blading is the fastest growing sport in the nation. Skate prices range from \$79.95 to \$200. Ultra Wheels and Bauer skates are stocked and the protective equipment needed (elbow pads, shin pads and hand guards).

Several sport package specials are being offered this fall. Soccer shoes, shin pads and a soccer ball are available for \$29.95. The beginner hockey package consisting of

helmet, cage, shin pads, elbow pads, gloves and skates costs \$129.95. Nylon school jackets, embroidery included, are priced at \$64.95.

Nike football cleats are available for all ages. Both hockey and figure skates are carried.

Andover Hockey Shop is conveniently located at Shawsheen Square, at the intersection of routes 133 and 28 in Andover. Fall hours are Monday through Friday from 10 a.m. to 6 p.m. and Saturday from 9 a.m. to 5 p.m. Telephone: (508) 475-7474.

Photo by Rosemary C. Bernal

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POLICE LOG

(Continued from page 42)

Sunday, Aug. 4 - At 2:50 p.m., a theft of gas was reported at Rolling Green Mobil, 309 Lowell St.

Monday, Aug. 5 - At 9:06 a.m., the theft of a mailbox was reported on Nancy Lane.

At 12:30 p.m., an incident of shoplifting was reported at CVS/Pharmacy, 68 Main St.

At 4:08 p.m., a Pearson Street resident reported a lawn mower taken from his yard in the past four or five days.

At 9:25 p.m., a pocketbook was reported taken from a doctor's office at 1 Elm Square.

VANDALISM

Tuesday, July 30 - At 9:19 a.m., a lock on a gate was reported broken on Riverside Drive.

Wednesday, July 31 - At 9:14 a.m., damage in the courtyard was reported at Olde Andover Village, 89 Main St.

At 8:11 p.m., shrubs were reported damaged on Vine Street.

Thursday, Aug. 1 - At 9:47 a.m., damage at a house under construction was reported on Windemere Drive.

Friday, Aug. 2 - At 10:48 a.m., car damage was reported at Brickstone Square.

At 10:57 a.m., shrub damage was reported at the cemetery on Corbett Street.

Saturday, Aug. 3 - At 5:56 p.m., car damage and an attempted car break were reported at the Andover Marriott, on Old River Road.

Sunday, Aug. 4 - At 1:53 a.m., damage was reported to a conference room at the Marriott. Two men were to be charged with malicious destruction of property.

Monday, Aug. 5 - At 8:16 a.m., an employee at Sanborn School on Lovejoy Road reported kids got into the school sometime since Saturday afternoon and egged one hallway with eggs taken from the kitchen, and painted on the gym floor. The kids apparently found a can of paint and painted the word "kill" on the floor. They also wrote words on the walls about some people, according to Bernie Tuttle, schools business manager.

At 8:19 a.m., mailbox damage was reported on Rocky Hill Road.

Tuesday, Aug. 6 - At 9:22 a.m., broken windows were reported at Sanborn School.

CAR THEFTS

Tuesday, July 30 - At 4:34 p.m., a truck was reported taken from the Tague Inn, 131 River Road.

Wednesday, July 31 - At 5:18 p.m., a car previously reported taken from Andover was recovered in Peabody.

At 9:43 p.m., a 1988 Toyota pickup truck was reported just stolen on Bulfinch Drive.

Thursday, Aug. 1 - At 1:45 a.m., Lawrence police recovered a car previously reported taken in Andover.

Friday, Aug. 2 - At 2:16 a.m., a car previously reported taken in Lawrence was recovered on Canterbury Street.

Story idea? Call the Townsman at 508-475-1943 and ask for the editorial department.

Montessori school making progress

(Continued from page 12)

school's septic system would affect their own, and about how neighborhood traffic would be increased.

"We're kind of a quiet neighborhood here," said Ms. Seiden. "Many of us purchased houses here because of that."

"I'm not against development, but I'm for developing wisely," she said. "If we wanted to live in Boston then that's where I would be living."

Mr. Casey admitted that construction workers mistakenly tore out some brush that was on one neighbor's property. He said they have since talked with that neighbor and resolved the issue.

Workers were also using three entrances to the project earlier this summer and had to cut back to one for safety reasons, according to Patricia Leavenworth, district operations engineer at the Mass. Highway Department. She said when construction is complete a permit allows for the use of only one access and egress to the school.



Photo by Lisa Adelsberger

This is what the the Andover School of Montessori at 180 North Main St. looked like this week. The construction project is moving along fast enough so it looks different from week to week. The president of the school says the building is on schedule and officials expect it to open on time in the fall.

COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT (SEAL) Case No. 230259

To Joseph D. Cullinan III and Kathleen M. Cullinan and to all persons entitled to the benefit of the Soldiers' and Sailors' Civil Relief Act of 1940 as amended: Boston Safe Deposit & Trust Co. claiming to be the holder of a mortgage covering real property in Andover, numbered 3 Dundas Avenue given Joseph D. Cullinan III and Kathleen M. Cullinan to Boston Safe Deposit & Trust Co. dated July 19, 1984 recorded at Essex County (Northern District) Registry of Deeds Book 1839, Page 344 has filed with said court a complaint for authority to foreclose said mortgage in the manner following: by entry and possession and exercise of power of sale.

If you are entitled to the benefits of the Soldiers' and Sailors' Civil Relief Act of 1940 as amended and you object to such foreclosure you or your attorney should file a written appearance and answer in said court at Boston on or before the 9th day of September 1996, or you may be forever barred from claiming that such foreclosure is invalid under said act.

Witness, PETER W. KILBORN, Chief Justice of said Court this 26th day of July, 1996

Charles W. Trombly, Jr. Recorder
August 8, 1996

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by New Medico Holding Co., Inc. to The Bank for Savings, dated August 4, 1987 and recorded with the Essex County (Northern District) Registry of Deeds at Book 2563, Page 15, of which mortgage First Bank of Beverly Hills, FSB, a United States federal savings bank as to a 50% undivided interest and Girard Savings Bank, FSB, a United States federal savings bank as to a 50% undivided interest is the present holder by assignment, for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 9:00 a.m. on August 28, 1996, on the mortgaged premises located at 16 Balmoral Street, Unit 308, Balmoral Condominium, Andover, Essex County, Massachusetts, all and singular the premises described in said mortgage.

TO WIT:

Condominium Unit Numbered 308 in the Balmoral Condominium located at 16 Balmoral Street, Andover, Massachusetts, created by Master Deed ("Master Deed") dated June 17, 1981, and recorded with the Essex North District Registry of Deeds in Book 1519, Page 13 (the "Condominium"), as amended. The plans depicting the condominium unit mortgaged herein as built are recorded with said Registry with said Master Deed, all as set forth in a deed from Charles Brennick, Jr. and Francis C. Brennick, co-partners doing business as Brennick Realty Company, to New Medico Holding Co., Inc. and recorded with said Registry of Deeds, in Book 2389, Page 136.

The Units are more particularly described in the Master Deed, are shown on the plans recorded simultaneously with the Master Deed and amendments thereto, and are conveyed together with the Mortgagor's undivided interest in the common areas and facilities of the Condominium (the "common areas and facilities") as set forth in the Master Deed.

The Units and such undivided interest in the common areas and facilities are mortgaged with the benefit of and subject to the rights, easements, restrictions, covenants, agreements, obligations, conditions and other provisions referred to or set forth in the Master Deed, the provisions of the instrument establishing the unit owners' organization formed in accordance with Section 10 of Chapter 183A, (the "Condominium Trust") the By-Laws contained therein and any rules and regulations promulgated pursuant thereto (hereinafter collectively called the "Condominium Documents") insofar as the same are now in force and applicable. The Units together with the foregoing undivided interests and appurtenant rights and the fixtures hereinafter mentioned are sometimes herein referred to as "the mortgaged premises."

For mortgagor's title see deed recorded with Essex County (Northern District) Registry of Deeds in Book 2389, Page 136.

The unit is subject to and has the benefit of all rights, restrictions, easements, agreements, interests and provisions contained in the Master Deed, the Declaration of Trust and the Rules and regulations and By-Laws adopted thereto, as any of the same may be amended from time to time, as well as the provisions of Chapter 183A of the Massachusetts General Laws, as the same may be amended from time to time.

These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens; improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens, or existing encumbrances of record, which are in force and are applicable, created prior to the said mortgage which is being foreclosed whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.

TERMS OF SALE:

A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at the Law Offices of Mark P. Harmon, 27 Needham Street, P.O. Box 610389, Newton Highlands, Massachusetts 02161-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price.

Other terms, if any, to be announced at the sale.

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Present holder of said mortgage

By its Attorneys,
LAW OFFICES OF MARK P. HARMON
Stanley S. Freedman, Esquire
27 Needham Street
P.O. Box 610389
Newton Highlands, MA 02161-0389
(617) 244-7505

August 1, 8 & 15, 1996

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ANDOVER FLOOR SANDING AND Refinishing. Free estimates. Lowest prices. Work guaranteed. Call 470-1614.

WALKUP'S HARDWOOD FLOORING. Install, sand, finish, refinishing. Custom Design Patterns. 25 years experience. Fully insured. Call 603-898-7438.

G & P FLOORING CO. Old floors sanded and finished. Made like new. Call 1-603-893-0222 or 682-1485.

WILSON HARDWOOD FLOORS, INC. Installed, sanded, refinished. Now accepting MC/Visa. Free estimates. Call Ron 508-777-1182.

Plastering/Drywall

B.C. & SONS- Cracked plaster? Drywall it! 25 years experience. Fully insured. Call 1-800-615-8314 or 508-373-3008.

BYRON DRYWALL- Complete drywall services. Hanging, taping, textured ceilings. Fully insured. Free estimates. Repairs up to new homes. Jason 508-446-7862.

VICENTE PLASTER CONTRACTOR. 34 years experience. All types of plaster work. Reasonable rates. Call 603-893-3417.

Fences

PARKS FENCE COMPANY. Chain-link and wood fencing. All types. Fully insured. Free estimates. Over 10/years experience. Quality is #1. 1-800-846-5015.

Plumbing/Heating

A QUALITY JOB Plumbing, heating and gas. Residential and commercial. No job too small! Free estimates. Master #9560. Call Bill 508-372-2080; 683-3596.

BOB LYNN PLUMBING & HEATING. Repair and/or replace faucets, toilets, valves, water heaters, sinks, drain problems, etc. Small jobs a specialty. \$10 off w/this ad. License #23220. 508-658-2099.

J.E. HUNT PLUMBING & HEATING. Repairs, installations, service work. Heating problems a specialty. Low rates, senior discount, emergency service. Lic. #24355. Call Joe at 475-4699.

PROPERTY TRANSFERS

The following is a list of properties in Andover that sold from July 24 to July 29.

1 James W. Nesteruk bought 3 Island Way, Lot 7, for \$345,000 from James A. Kutchin.

2 Christopher S. Hartnett bought 2 Carisbrooke St., Lot 9, for \$228,000 from Peter H. Infantine. The mortgage is with Assurance Mortgage Corp. of America.

3 Wells Blueberry Inc. bought 33 Noel Road, Lot 13, for \$97,500 from Hills-Mor Construction Co. Inc.

4 Michael J. Ardagna bought 33 Noel Road, Lot 13, for \$282,000 from Wells Blueberry Inc. The mortgage is with Interate National Mortgage Corp.

5 Peter H. Infantine bought 17 Nollet Drive, Lot 9, for \$380,000 from William C. Corrigan Jr. The mortgage is with Norwest Mortgage Inc.

6 Fifty Eight Lovejoy Road Realty Trust bought 58 Lovejoy Road, Lot 26, for \$254,000 from Ralph W. Lowry. The

mortgage is with Middlesex Federal Savings.

7 Joseph Viscione bought Colonial Drive, Unit B1-3, for \$46,900 from Colonial Drive Corp.

8 Louis Emre Nagy Jr. bought 14 Blackberry Lane, Lot 32, for \$307,150 from Jeffrey R. Fox. The mortgage is with DeWolfe New England Mortgage Services Inc.

9 John N. Desmond bought 66 Bailey Road, Lot 7, for \$331,800 from J. Gregory Ambro. The mortgage is with First Financial Inc.

10 Peter A. Lemay bought 7 Keystone Way, Lot 17, for \$430,000 from Mitsubishi International Corp. The mortgage is with Bank of America, FSB.

Source: Essex County Registry of Deeds, Lawrence branch.

Plumbing/Heating

BILL BROGAN MASTER PLUMBER- Residential. Commercial. Emergency service. Voice/Pager- 617-841-0487. Office- 475-4237. License # 9565.

SMALL PLUMBING/HEATING and GAS FITTING.

Water heaters, faucets, stoves, washing machines, disposals, dishwashers, repairs and drains unclogged. Call Steve 508-458-0553. Lic. #22058.

Electrical Services

MARINO AND DAUGHTERS ELECTRIC. Licensed/Insured. No job too big or too small. 24/hr. service. 508-688-0699; Emergency 508-722-1639 beeper. MA Lic. #E20963. NH Lic. #5564M.

MASTER ELECTRICIAN- Wiring pools, landscape lighting, surround sound. 35 years experience. Lic. #MR578. Please call Tony at 1-603-886-9640.

Tiling Service

CERAMIC TILE INSTALLATION and repair- new kitchen floors and bathroom shower repair my specialty. Fair and affordable prices. All work guaranteed. Larry 508-372-3371.

Painting & Papering

A.A.A.A. PAINTING CO. Interior/exterior. Brush specialist. Senior citizen discount. Free estimates. Fully insured. Call anytime 608-640-9649 leave message.

ALL LOCAL REFERENCES. Painting and wallpapering. Fully insured. Quality work guaranteed. Call Rick at 475-5618.

ANDOVER COLLEGE SENIOR PAINTERS. Affordable, professional, experienced. Many references. Free estimates. Call Matt at 475-7404.

ANDOVER VILLAGE PAINTING CO.- Fine interior painting. Quality assured: local references. Competitive rates. Free estimates. Mark Souza (North Andover) 687-6959.

BELVIDERE EXTERIOR SPECIALIST. Experienced painting and repairs. 10% off with ad. Call for free estimate. John 508-453-9471.

CORDELLA PAINTING SERVICE- Now scheduling estimates for the spring and summer season. Catering to your specific exterior painting needs. Excellent local references. Fully insured and licensed. Call for free estimates. Joe 682-4281. Lic. # 12454 MA. North Andover, MA.

EXTERIOR HOUSE PAINTING. Locally based painters. Reliable, experienced and understanding to your needs. Call David Lynch for free estimate 470-0254.

EXTERIOR PAINTING/STAINING- Now scheduling for exterior painting where service and quality are second to none. JAMES FISCHER PAINTING 475-1876. Free estimates.

F.D. ROCHA AND COMPANY. Painters, decorators, paper hangers. Neat, professional work. Established for over 40 years. Fully insured. Reasonable rates. Call 508-452-7614.

FINE INTERIOR DECORATIVE Faux Painting. Portfolio available for viewing. Call 475-1876. Inquiries from Interior Designers welcome.

INTERIOR - EXTERIOR PAINTING, Wallpapering, sponge painting and stenciling. Quality work, reasonable prices. Free estimates. Call Paul 475-6495 or Bob 470-1822.

INTERIOR AND EXTERIOR PAINTING AND MINOR REPAIRS. Free estimates. References available. Call Mike 508-453-3581.

INTERIOR PAINTING and Wallpapering. Free estimates. Call John Thomson 470-0037.

JIM FOWLER'S PAINTING. Interior. Fully insured, 20 years experience. Local references. Call 475-9937.

LACHAPEL'S INTERIOR WALLCOVERING. Professional woman graduate of U.S. School of Professional Paper Hanging. 12 years paperhanging/painting experience. Call Celeste 508-458-3052. References available.

NORTH SHORE PAINTING CO.: Painting and staining. Pressure washing and mildew removal. Fully insured. Licensed. References. "Put professionalism to work for you." For a free estimate call 1-800-564-4016.

PAINTER- Interior/exterior. Clean, Courteous, Efficient. 25 years experience. Many references. Call Frank 475-0875.

HELP WANTED**HELP WANTED**

SHED Kids Club After School Program seeks enthusiastic, energetic, playful individual to work with 1st through 5th graders from 7 to 9 a.m. and/or 1 to 6 p.m.

Supportive, professional team teaching involvement. Must have some experience related to children.

Please call Linda, 508-474-1817

QUALITY PAINTING and Wallpapering. Interior and exterior. Free estimates. Ten years experience. Call Bruce McFarland at 1-508-468-8093.

ROB LEITSCHUH- Interior-exterior painting. Carpentry - wallpapering. All in one. 25 years experience. For consultation. Call 508-988-1759.

WALLPAPERING & PAINTING. Interior and exterior. Reasonable rates. Free estimates. Other home improvements available. Bob 683-8367.

Power Washing

EXTERIOR HOUSE WASHING. Gauthier Painting Co. Exterior and interior painting. Free estimates. Fully insured. License #052896. Call 685-8891.

Woodworking

ANDOVER WOODWORKS: Custom cabinetry, handcrafted furniture, residential & commercial millwork, renovations & restorations. Licensed and insured. Free estimates. Call 474-0378.

FINE WOODWORKING graduate of North Bennett St. School. 30 years experience. Handcrafted furniture made to order. Repairs and refinishing. Call 475-6686.

Cleaning Services

★ ★ ★

Immaculate cleaning. We do it all, from windows to floors and more. Excellent references. Free estimates. 5 years experience. Call 508-373-0314.

A A A BEST CLEANING SERVICE- Leave your housework to us! Top to bottom cleaning GUARANTEED! Fully insured. Serving the Andovers for 9 years. References proudly given. Call 508-441-2144.

A GOOD HOUSECLEANING team. Mary and Jackie. Please call 508-453-0214.

HELP WANTED**HELP WANTED**

Part-time switchboard receptionist. Mon-Fri for Andover Insurance office. Telephone, typing and computer experience preferred.

Write:

Personnel, Box 453
Andover, MA 01810

HELP WANTED**PART-TIME BOOKKEEPER**

- Computer knowledge required
 - Preferred experience through trial balance
 - Flexible hours not to exceed 25 hours/week
- Downtown Andover Office*

Call 475-9796 for appointment
Include resume

A COMPLETE CLEAN, INC. The ultimate in house cleaning. Specializing in servicing those with the highest level of expectations and demand immaculate results. Bonded. Fully insured. Please call 508-851-8933.

CLEAN BY DESIGN. Over 20 years experience. Call Richard Reedy 687-7257 leave message.

CLEANER IMAGE cleaning services offering quality office and commercial cleaning at reasonable rates. Fully insured. Call 508-640-0195.

CLEANING BY WENDY. Reliable service. Good references. Reasonable rates. Call 508-374-6674.

CLEANING from top to bottom, corner to corner. We're the best! Call White Glove Cleaning 689-9218.

HOUSE CARE. "Helping you care for your home." Professional house cleaning done at a reasonable price. Ask for Cheryl. 682-7443.

KITCHEN FLOOR LOOKING DULL? Disgusted with your no-wax, no-shine floor? Let us clean and shine it for you! LIBBY'S CLEANING SERVICE 686-6577.

PONY EXPRESS CLEANING Company. No job too big or small. Commercial and residential cleaning weekly, biweekly, monthly, one time major jobs. Free estimates. Chelmsford 508-251-7712.

STOP! The Best Little Cleaner in town, finally has a few select openings. Don't wait, call now! 508-794-8646 Kathy, leave message.

Window Cleaning

A TRIPPLE STAR WINDOW CLEANING. Family owned since 1986. Owner on site at all times. Fully insured. Free estimates. Gutter Cleaning- Wash Screens- Wash windows from \$2.50/per window and up. Call us and let us make you shine! 1-800-447-6191.

DIRTY WINDOWS? We can help! Fully insured. Free estimates. 13/hrs. experience. Homes and businesses. Simply the best! 1-800-615-4237.

RESIDENTIAL WINDOW CLEANING. We also do replacement windows, reglazing, sash cords, interior and exterior painting. Owner is on site. 15% Senior discount. F&M Cleaning 508-372-2992.

WINDOWS CLEANED- Fully insured, free estimates. Sansoucie Window Cleaning 508-374-0516.

Landscaping

ANDOVER'S FINEST TREE & LANDSCAPING. Complete Landscape Service. Lawn installation specialty. Call for information on free fertilization program. Red Hemlock Bark Mulch Delivered. 474-0661.

BILL TISBERT LANDSCAPING- Accepting new customers for weekly lawn cutting. Lawn installation/maintenance, fertilization, bark mulching, shrub trimming/pruning, fish ponds & waterfalls. Complete Landscape design work. 681-9323, 603-893-6488.

C.A.P. LANDSCAPING- Hedge trimming and shaping a specialty. Hand pruning. Weekly lawn cuttings. Fall cleanups. Reasonable rates. Free estimates. 682-2322.

GARDENS BY ELLEN. Landscape Design and Construction. Fine Perennial Gardens: Design, Installation, Maintenance. Ellen Sweeney 686-7712.

HART LANDSCAPE AND SUPPLIES. Rototilling lawns and gardens. Screened Loam \$15/yard with 10 yard minimum. Stone, bark mulch, cow manure and more. Call 508-663-6121.

NORTHEAST LAND MANAGEMENT: Complete tree and landscape contractor. Stump removal, Spring clean-ups, Lawn maintenance. Free estimates. 508-934-9378.

NORTHEAST LANDSCAPE CONTRACTORS Weekly lawn maintenance. Complete landscape and tree service. Call 470-3111.

PERENNIAL LANDSCAPING- Lawn installations & designs. Brick walkways, patios, retaining walls, shrub trimming & planting. Bobcat service, clean-ups, tree service. Mike Winslow 688-4388; 617-334-3764. MC/VISA, AMEX.

PINE TREE LANDSCAPING. Specializing in complete Lawn & Shrub Maintenance. Dependable service. Senior Citizen Discounts. Call for free estimate 475-2202.

PRIME CUT LANDSCAPING full service lawn & property care professionals, satisfying all your landscaping needs. Also rototilling & garden care. Quality work at a fair price. Days. 691-5412; Eves, 689-7922.

TRACTOR SERVICES Backhoe, front-end loader, finish grading, rototilling, brush mowing. Free estimates. Call 689-9017.

ZISA LAWN SERVICE Accepting new accounts for spring cleanups, mulch, sod, fertilizing, planting, mowing, much more. Free estimates. Call 685-0125.

After School Programs

IMAGINATIONS AFTER SCHOOL CARE has openings for summer and 1996-1997 school year for South School children. Open Monday-Friday 3-6pm, also snow days, school vacations, half days and mildly ill sick days. Snacks, projects and homework help in former teacher's licensed home. License #68032. Call Carla at 474-0293.

AFTER SCHOOL RECREATIONAL PROGRAMS

Jim Loscutoff's Camp Evergreen- Vacation/after school/recreational programs. 33 years experience. Creative outdoor and indoor recreation for children. Transportation available. Andover. 475-2502.

Special Notices

ADVERTISE...IT WORKS! Your ad here puts you in touch with thousands of potential buyers. Call our Classified Ad Department at 475-1943 today! Deadline for placing an ad is Tuesday at noon. All ad cancellations must be made by Monday at 5pm.

Child Care

ANDOVER DAY CARE home has openings for age 2 and up. Experienced. Excellent references and great location. Lic. #93063. 475-1819.

DESIGNATED SITTERS INC. Experienced, dependable Nannies available days, overnight, after-school, evenings, sick child care. Long/short term placements. Postpartum care. Great references/well-screened. 508-774-8580.

EXPERIENCED NANNY AVAILABLE Monday, Tuesday and weekends. Early childhood education, own car, references. Call 685-2612.

HAPPY FEET DAY CARE has full/part time openings for all ages. Convenient location. Rts. 38 & 93. License #176546. Diane 640-1629.

KIDS FIRST FAMILY Day Care. Infants, toddlers, preschool, kindergarten. Nurturing environment. Daily activities. 508-664-6656, ask for Kim. License #175849.

LISA'S LITTLE ONES FAMILY DAY CARE has immediate and September part time openings for your over 2 year old child. Call for appointment. Fun and learning in a quiet, convenient location. License #67821. 475-4345.

LITTLE FEET DAYCARE, located on Rte. 133, near 93 and 495, has one full or part time opening for September. I am developmentally appropriate daycare with indoor and outdoor facilities and 12 years experience. Lic. #176226. Suzanne 749-2752.

LOVING LEARNING ENVIRONMENT in North Andover, has one infant opening. Call for more information. Lic. #95686. 975-3623.

NANNIES FOR RENT Celebrating our 14th anniversary! Reliable, caring nannies for part-time/full-time babysitting, vacation sitting, post-natal care. "NANNIES FOR RENT." 508-535-0127/1-800-427-0127. State licensed.

TEDDY BEAR DAY CARE now has full time openings. License #95024. Call anytime 687-7726.

HELP WANTED

Phillips Academy

Part-time Positions

► MUSIC ASSISTANT

Staffing the William B. Clift record library, evenings and weekends. The assistant will perform librarian technology and proctor tasks to support music department, students and faculty. The best candidate will have a deep appreciation for and knowledge of music recording, have a comfort level with music composition computer programs and enjoy working with high school students. Knowledge of Finale 3.4 Practica Musica a plus.

► COMPUTER ASSISTANT

Staffing the Polk Electronic Imaging Center, evenings and weekends, the assistant will provide software and hardware support to art department students and faculty. A firm knowledge of Macintosh operating systems and proficiency with a number of software packages required. Knowledge of Photoshop and Premiere preferred.

► AUDIO VISUAL ASSISTANT

The assistant will operate projector equipment and multi-media classrooms and auditoriums, record equipment usage, duplicate tapes and provide clerical support evenings and weekends. 50 pound lifting requirement. Previous A/V experience preferred.

► GYM CUSTODIAN

Part-time position in athletic department, 16-20 hours week, weekends and holidays. Experience in floor care and general cleaning with some maintenance required. Steady work record required. Board of Probation check required.

Please send resume to:

Phillips Academy, Personnel
Andover, MA 01810

WONDERFUL NEW DAYCARE near Bradford College and AT&T. Must see! License #177540. Call 508-521-4318.

Instruction

A+ TUTORING- former New York University instructor will tutor all levels of MATH and SAT. Proven improvement in grades and test scores. 686-0628.

ACCREDITED EDUCATIONAL THERAPIST for students or adults. Learning skills for phonics, reading, writing, math. S.S.A.T., P.S.A.T., S.A.T. Miriam Smith, M.A. 683-6129.

ANDOVER PIANO TEACHER with Russian background, over 25 years teaching experience, is accepting new students. All ages welcome. Please call Tanya Kodinsky at 475-9186.

BEAVEN & ASSOCIATES Private tutoring. English, math, sciences, Latin, Spanish, French, German. SAT's, SSAT's. 91 Main Street. 475-5487.

CHESS FOR CHILDREN. Call 686-0628.

DRUM LESSONS AVAILABLE from experienced teacher, Berkeley Alumnus. Reasonable rates. Call 688-4447.

EVENING WITH A PSYCHIC. Friday 8/16/96, 7-9pm. Aura and Psychic ecterretation with N.E.'s most respected Psychic, Joan Turner. \$15/per person. For information call 508-521-0215.

GUITAR TEACHER ACCEPTING NEW STUDENTS: 25 years experience, music degree. All ages, levels, styles. Guitar rentals available. Bass lessons available. Your house or mine. For more information call John 975-0335.

LESTUDIO DE BALLET, 470-1381. 2 Dundee Park, Andover. Ballet classes for adults and children.

MATH TUTOR - 20 years college teaching experience, Math Ph.D. Will tutor all levels Middle School through College. Call 475-4285.

MATH, SCIENCE, SAT tutoring by certified teacher, M.A., M.E.D., in your home. 689-4517.

MIDDLE SCHOOL/HIGH SCHOOL tutoring: Ten years full-time classroom experience. Master's in Education. Academic specializations are inclusive for Middle School. High School academic specializations are Liberal Arts orientated. Individual attention with an emphasis on organizational skills and goal setting. Flexible hours. 470-3560 or 470-2958.

PERFORMING CLASSICAL PIANIST. Oberlin Conservatory of Music graduate. Theory, ear-training, keyboard also. Advanced students preferred, beginners accepted. Phone 475-9303.

PIANO LESSONS; 28 years experience, accepting students at all levels of ability. Children & Adults. Phone: 683-2338.

PROFESSIONAL TUTOR: Free Consultation. Reading, writing, math, study skills, typing; SSAT and SAT preparation. Telephone after 6:00pm. 682-0530 Jean Matthes.

SUMMER TUTOR - M. Ed. in remedial reading. Diagnosis and remediation of reading and writing disabilities and motivational issues. (K-12.) Use of state of the art computer technology and motivating materials. Ask for Jill. In Andover 689-3944.

Help Wanted

\$1000'S POSSIBLE READING books. Part time. At home. Toll Free 1-800-898-9778 ext. R-7670 for listings.

\$1000'S POSSIBLE TYPING. Part time. At home. Toll Free 1-800-898-9778 Ext. T-7670 for listings.

A PROFESSIONAL RESUME. Resumes and more. Cover letters, faxing, flyers, notary. Fast, low prices, laser printed. 470-3955.

ADMINISTRATIVE ASSISTANT for manufacturer's rep. Morning hours. Permanent position. Good telephone skills. Call Bill after 7pm. 688-8996.

ANDOVER NANNY NEEDED. Enthusiastic, loving and experienced person to provide care for two girls, ages 3 and 3 months. Full-time, live-out, 50/hours per/week. Non-smoking, must drive, car available. References required. 687-2811.

ANDOVER REAL ESTATE office needs Receptionist for Saturday and Sunday 9am-5pm. Must be reliable. Call Sue or Jean 475-1243.

ASSEMBLE AT HOME. Crafts/woodwork/sewing. \$480+ per week. Materials provided. FREE information package. 24/hours. 1-801-264-5558.

BABYSITTER IN MY home, three or four days per week, 3:30pm-7pm, for fourth grader. Call 474-9360.

BOOKKEEPER- Part time, flexible hours for small company. Monthly payroll and QuickBooks Pro desired. Call 508-474-0379.

BRADFORD: Reliable, energetic nanny for two boys, ages 5 and 3, 35/hours per week. Experience, references, own car. Evenings 508-373-6354.

CAREER OPPORTUNITY! Busy real estate office needs more sales associates! Will train. Call Jean at 475-1243.

CHILD CARE WANTED in my home, part time, two girls, ages 2-1/2 and 4 years. Call 681-0908.

CHILDCARE WANTED, three days per week (Monday-Wednesday-Friday), beginning September. Mature, confident caretaker for our two children, ages 19-months and 5 years old. Must have own transportation, be non-smoking, and be creative in activities for the children. References necessary. Please call 470-1475.

CONSERVATION JOBS: Wildlife positions. \$16,000-\$35,000/yr. Clerical, Security, Game Warden, etc. No experience necessary. For info 219-769-8301 ext. WMA-520. 9am-9pm, Sunday-Friday.

COUNTER HELP: Flexible hours, part or full time. Apply in person: MAE'S BAKERY, Eastgate Plaza, North Reading, No phone calls.

DENTAL HYGIENIST in Andover. Part time. Experience preferred. Join our progressive group. Reply box SJ-9, c/o The Andover Townsman, P.O. Box 1986, Andover, MA 01810.

ENTERPRISING SELF-STARTER needed for part time telemarketing. Flexible hours, 12-16 per/week. Please contact AmCom Corp., Jordan Pekas 975-2775.

ENTHUSIASTIC PART TIME babysitter for boy and girl, ages 3.5 and 2. References and car required. Call 975-3003.

EXPERIENCED BABYSITTER- to sit our 5 year old. Available Saturdays, day and evening, beginning end of August. Non-smoking. References. Own transportation. \$6.75/hour. Call 470-3261 leave message.

FOOD PREPARATION PERSON needed for school cafeteria. School year position available at The Pike School in Andover, MA. Six hours per day, Monday-Friday. Experience in food preparation is preferred. Send resume to: Dale Newbanks, The Pike School, Sunset Rock Road, Andover, MA 01810-4898. No calls please.

HAIRDRESSER NEEDED for Andover salon. Experienced, preferably with clientele. 475-3845.

HELP WANTED Earn up to \$500 per week assembling products at home. No experience. Info. 1-504-646-1700 dept. MA-173.

HELPER WANTED to do all sorts of odd jobs, including light carpentry, clean-up, yard work, errands, etc. Must have experience with tools and excellent references. Flexible hours. Call Matt at 475-9129.

HOUSEKEEPER/SITTER. North Andover family needs help with general housekeeping. Meet son after school, start home-work and prepare a simple dinner. Start at \$10/hour. Hours 12noon-5pm., Monday-Thursday. Start 9/3 through school year. Call Michael at 508-988-1030 ext. 202.

INHOME CHILDCARE NEEDED after school for two children ages 10 & 13/yr., Monday-Friday 3:00-7:00pm, beginning September. Non-smoking, car and references required. Call 470-2423.

INTERESTED IN COMPUTERS OR DRAWING. Computer animator trainee wanted. Looking for hard-working, responsible individual who wants a full-time position learning computer animation. No experience, education or special training needed. DEOS VIDEO, INC., North Andover, MA 682-6400.

LEAD TEACHER, INFANT/TODDLER needed. OFC qualified. Good pay. Call 508-664-6656.

LIGHT DELIVERIES- Permanent, part time position, 7 hours per week. Wednesdays, late afternoon/early evening and Thursday mornings. Dependable car a must. \$7.50 per hour plus gas allowance. Applications can be filled out at Andover Townsman, 33 Chestnut Street, Andover.

MATURE, EXPERIENCED child care provider for two infants, in our home. Non-smoking, references and car required. Please call Claudia 475-5705.

MATURE, NON-SMOKING PERSON to care for 4 children, 11, 8, 5 and 2, full-time in our home. Own transportation needed. Call evenings 794-2410.

MODELS WANTED between the ages of 7-23 to model casual and formal wear during this year's 1996 Portland pageants. No experience necessary. Call 1-800-858-6003 ext. 4343.

MOTHERS HELPER: Loving, responsible person to read and play with 2.5 year boy, 10 month girl, and help at home with mom, 25-30/hours per week, starting September. Own transportation, non-smoking, long-term commitment preferred. Call Maria 475-7154.

NANNIES WANTED: For live-out. Full or part-time. Must have experience, references and car. Call Monday-Friday, 9am-4pm. NANNIES FOR RENT 508-535-0127.

NEED A MATURE person to care for 8 and 10 year olds. 3:00-6:30pm, Monday-Friday. Help with homework, drive to activities. Car required. Call evenings 475-0555.

NON-SMOKING BABYSITTER with own car needed for four year old boy on Thursday and Friday mornings. Call Tammi 474-1839.

NORTH ANDOVER FAMILY seeking full time (40 hours) nanny to care for two children, ages 2-1/2 and 4/years. Must be non-smoking with own car. Please call evenings after 6pm 687-7688.

NORTH ANDOVER FAMILY seeks after school guidance in our home, 2:00-6:00p.m. Fun and structured environment. Call 685-1335 after 7:30pm. Students and seniors welcome.

OPENING ASSOCIATE: Opening shift available for a responsible, personable and mature woman for all women's health club. Mon.-Fri. good communication and organizational skills, approximately 20 hours. Please call Silverado Athletic Club 474-1888 ask for Mary Ann.

PART TIME CHILD CARE NEEDED. Parents seek fun, responsible person to care for two girls in our home. 3-6:30pm, 5 days per week. Pick up in North Andover and bring to our Plaistow home. Must be non-smoking. To start 9/3/96. Please call 603-382-3150.

PART TIME HOUSEKEEPER/MOTHER'S HELPER for a busy North Andover family. Must have excellent references, safe driving record and be good at eliminating clutter! Call 689-4550.

PART TIME HOUSEKEEPER/PERSONAL ASSISTANT. Entrepreneur seeks upbeat person with strong organizational skills. Duties include errands, light housekeeping, organization of home space, etc. Licensed and references. 474-9392.

PART TIME MARKETING ASSISTANT for home based business. Send resume to: P.O. Box 64, North Andover, MA 01845.

PART TIME NANNY needed for 4 year and 1 year old adorable girls, beginning September 1st. Non-smoking, transportation required. Good pay. Call 474-4267.

PART TIME SECRETARY for busy law office. Computer and telephone skills a must. Mother's hours available. Call 689-3110.

PCA WANTED: Flexible hours. No lifting required. Will train. Please call 688-0597.

RESPONSIBLE BABYSITTER NEEDED 1-2 days per week in my North Reading home for 6/yr., 3/yr. and 6 month old. References required. Call 508-276-0746.

SITTER NEEDED FOR 11/year boy, 7:30am-6pm, Monday-Friday. Non-smoking, must have own transportation. Main Street area. Call Lisa after 6pm 475-8388.

TEACHERS- full time, part time. Warm, dependable, love children. Prefer OFC qualified, but not necessary. Benefits. E.O.E. Cuddle Care 470-3122.

TELEMARKETER- 3/hrs. per day. Base plus commission. Your home or our office. Telephone: 508-458-8861.

Tewksbury Home Painting
Est. 1955

6 Year Guarantee

Exterior and Interior

Power Washing • Free Estimates
Fully Insured • No Deposit Required

(508) 851-2725 Lic. # 023729

Owner Wayne Murphy "WE HAVE PAINTED OVER 8000 HOMES"

Solution to Children's Puzzle

S	U	P	E	R	H	E	R	O	
C	R			O	F				
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F	A	S	T						

DOCTOR

Residential Commercial Free Estimates Fully Insured

Gerard F. Kelly Co.
All Type Home Improvement

★ No job too big or small ★

Interior/Exterior Painting • Additions
Carpentry • Decks • Replacement Windows
Doors • All Type Siding
Replacement Roofs • Rubber • Shingles
Seamless Gutters • Fascia Board • Soffit Replacement

Lic. # 121672 **(508) 474-4344**

Make Yourself Some Extra Cash To Add To Your Vacation Stash!

Have A GARAGE SALE!

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Help Wanted

STORE MANAGER- Andover Irresistibles, a chain or 13 specialty stores featuring women's apparel and accessories, with locations in Marblehead, Concord, and Wellesley, seeks an individual to manage its Andover location. Responsibilities include: Sales, merchandising and personnel management. Part time sales positions are also available. Contact Betsy Hancock at: Irresistibles, 7 Hawkes Street, Marblehead, MA 01945. 617-631-1248.

WANTED!! Responsible, sensitive person to care for our 16 month old son in his own home on the campus of Phillips Academy. Mother works out of her home. Hours are part-time (10-15) and flexible to accommodate both mother's work and your needs. Seeking a non-smoker with own transportation, experience and references. Preference is for experienced moms who are awaiting grandchildren! Pay is negotiable. Starts September. Call 749-3183.

THREE ACTIVE BOYS (5-12) need sitter. Occasional summer hours, three afternoons plus during school year. College/high school student with own car ideal. Call after 6:30pm 470-3957.

WANTED: Experienced part time medical transcriptionist and secretary for doctor's office. Call Office Manager 794-4741.

Business Opportunities

NEED INDIVIDUAL, Huge Business Opportunity, Official license of U.S. Olympic Committee. Exclusive rights, 6 figure income potential. Call 475-6900.

Animals & Pets

GREAT EXPECTATIONS- Inhome petsitting services. Specializing in TLC! Fully bonded. Reasonable rates. Information and appointments call Nancy Prentiss 508-749-8016.

I'M AN EXPERIENCED cat and dog sitter. Contact Amy 975-2235.

HORSES. HORSES. HORSES. Lessons & boarding. Summer Camp Program. We have camp openings in August, all levels, ages 6 & up. Horse care, shows, fun. \$265/week Windkist Equestrian Center, North Andover. 688-7662.

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Articles for Sale

ADVERTISE YOUR "ARTICLES FOR SALE" here for as little as \$3.00 per week. Call our classified ad department for details! 475-1943.

ANTIQUE MAHOGANY ROLLTOP desk, Circa 1940. Original brass hardware. Beautifully refinished. \$1400. Call 508-475-9601.

BELT DISC SANDER, Lathe, Miller, Surface-Grinder, Bandsaw, Cut-Off Saw, Radial Drill, Brake, Shear, Roll. RISON'S, 253 Main Street, Plaistow, N.H. Monday-Friday 9:30am-5:00pm; Saturday-Sunday 10am-2pm. 603-382-5671.

DINING ROOM- 3 year old contemporary, glass table 72"x42", 6 newly upholstered chairs in contemporary print. \$999. 470-3574 after 7pm.

GEORGE BENSON TICKETS (two). \$100. Great seats, center stage, row R, Harbor Lights, August 30th. Call after 6:00pm 474-1864.

LOPI CAST IRON wood-burning stove. Fireplace insert w/blower, etched glass doors and firebrick lining. Excellent condition. Moving- must sell! Call 681-5532 after 6pm.

MACINTOSH COMPUTER SYSTEM. Upgraded IISI (11/80 with IICI Performance), 12" color monitor, black and white Apple One Scanner, 2X NEC CDROM Reader, lots of installed software. \$1200. Call 689-1925.

MOVING MUST SELL immediately. New refrigerator, washer/dryer, sofas, bookcases, ac's humidifiers, snowblower, table and chairs, canoe, bikes, lots more. 470-2749.

MOVING SALE- All excellent condition. Snapper Lawn Tractor, G.E. washer and dryer, Sears Cargo Carrier, 1985 BMW 318i. Call 474-9124.

MOVING SALE- Amana refrigerator, Maytag washer and dryer, sectional sofa, and chairs. All in excellent condition. Call 475-7179.

NEW CARPETS- Installer has access to several thousand yards StainMaster carpet. You can carpet your livingroom and hall for \$295. Price includes carpet, 1/2" pad, based on 30sq.yds. Installation available. Also, Berber commercial carpets. Call John 689-8613.

OLD MAHOGANY BEDROOM SET- (no bed). 5-drawer bureau, 4-drawer bureau, 1-drawer night table, mirror. \$400. Can deliver. Call 688-3109.

OLD Tyme PEANUT BUTTER mill. Boxed, brand new, never used. Call 475-6376.

ROYAL DALTON CHINA- Tonkin, eight 5-piece place settings with serving pieces. Sold complete \$1000 or best offer. 686-3520.

STANLEY HOME CLEANING PRODUCTS sold at St. Therese's, 229 Washington St., Haverhill, MA 508-469-9091 (new Haverhill exchange). Hours: Monday-Friday 9am-2pm; Saturday 9am-5:30pm.

THOMASVILLE BEDROOM- 10ft. wall unit, two armoires, dresser light bridge and mirror. Asking \$2400. Call 682-4949, please leave message.

TREES: Gorgeous and hardy 4ft. Colorado Blue Spruce. Dig-your-own and get six for only \$30. Call 508-388-4181 (Amesbury).

WICKER AND RATTAN FURNITURE- Antique and new. Also, restoration and cushions. The Wicker Shop, Wells, Maine. 207-646-8555.

Firewood/Fuels

FIREWOOD- Cut, split and delivered. Call 475-5137.

Wanted to Buy

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ANTIQUES - Anything old Marbletop, Walnut, Grape and Rose Carved Furniture, Glass, China, Silver, Jewelry, Clocks, Prints, Frames, Guns, Coins, Furniture, Etc. William F. Graham, Jr. 420 Water Street, Haverhill, Mass. Tel. 508-374-8031, will call to look.

PRINTS: Nuttings; Besse Pease Gutmann; Sawyer; Fred Thompson. **CAST IRON:** Doorstops; bookends; irons, door knockers; banks, etc. **KITCHEN ITEMS:** Early beaters; butter churns; graniteware; gristwold, etc. **CHINA:** Nippon; Majolica; Noritake. Fair value paid. 508-352-8739.

Garage Sales

AFTER THE YARD SALES visit our discount case with antiques and collectibles. Up to 90% off. Andover Antiques, 89 North Main St. 475-4242.

ECLECTIC MULTI-FAMILY YARD SALE- over 20+ years accumulation of good stuff cheap! Saturday 8/10, 9am-whenever. Rain date 8/17. Spruce Circle. (off Eastman Road parallel to Abbot Street).

FIRST YARD SALE in 10 years! Saturday 8/10/96, 9am-1pm. 82 Bellevue Road, Andover (off 133). Toys, clothes, household items. Rain date 8/11.

GARAGE SALE- Sunday 8/11/96, 9am-4pm. 353 South Broadway, Lawrence. Washer/dryer, lawnmower, 10-speed bike, household items. No early birds.

MEMORIAL CIRCLE FAMILY Tenant Council Yard Sale- Saturday 8/10/96, 9am-4pm at Memorial Circle, Andover. (off Morton Street).

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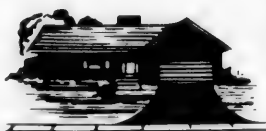
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MOVING SALE- Saturday 8/10/96, 9am-2pm. 7 Amherst Road, Andover. Air conditioners, washer/dryer, pictures, lamps, glassware, much more. Rain date 8/11.

MOVING- YARD SALE- Saturday 8/10/96, 9am-4pm. 36 Sagamore Drive, Andover (off Wildwood Road). Household items. No early birds.

YARD SALE- Saturday 8/10/96, 8:00am-12noon. Stonehedge Road, Andover. (off Salem Street). Rain or shine. No early birds.

YARD SALE- Saturday 8/10/96, 9am-1pm. 280 Johnson Street, North Andover. Toys, baby equipment, tvs, stereo speakers, lawn tools, lots more!

Houses for Sale

ANDOVER- 38 Tewksbury Street. Attractive, clean, 7 room gambrel. 3 bedrooms, 2 baths, garage, fireplace. Near 93/495/train. \$239,900. By appointment only. 475-6494.

ANDOVER- three bedroom traditional. 1/3 acre+. Beautiful neighborhood near town/shopping/schools. \$197k. By owner. Call 603-654-6932.

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Condos for Rent

NORTH ANDOVER- short term, furnished, luxury two bedrooms, 1-1/2 baths. Balcony with lots of privacy. Available immediately. \$1800/mo. 508-937-4420.

TEWKSBURY- Indian Ridge townhouse. Two bedrooms, 1-1/2 baths, fireplace, washer/dryer, central air, deck, garage. No pets, non-smoking. 9/1/96. \$920/month. 508-851-8453.

Houses for Rent

ANDOVER- charming 4 bedroom farm house with garage, in lovely country setting. Close to major highways. \$1400/month. 475-0858 or 686-7405.

ANDOVER! Find something quick! If that's your job, here's your house: Lovely 8+ room, multi-level with 3-4 bedrooms, 2 fireplaces, hardwood floors, is ready to go! \$1695/mo. Call Carla at RE/MAX Preferred 686-5300 ext. 348.

ANDOVER- alternative to condo living. Beautiful, private country cottage. One bedroom, new kitchen and bath, appliances. Near 93 and 495. \$1000/month plus utilities. No pets. 475-1177.

ANDOVER- privately located, rambling cape with 4 roomy bedrooms, two baths, hardwood floors, fireplace, two car garage, patio, large yard. Convenient highway connection. \$2200/month. No pets. Karner Realty 508-640-1013.

ANDOVER- Water view. Beautiful bungalow in family neighborhood. Year lease. \$1450/month. Call The Victor Co. Inc. Realtors 475-2201.

NORTH ANDOVER- Lease new four bedroom Colonials. \$1800/month and \$2100/month. First, last, security. No pets. Call 508-777-5072.

Apartments for Rent

A-1 AREA haverhill- 3 room. Prestigious Colonial. Spacious, beautiful/fireplaced living room, oak floors, ceramic tile bath, exhaust fan, air conditioned, new gas heat, washer/dryer, all appliances. Lighted parking. October 1st. Private grounds. Ready. No pets, lease optional. \$545/monthly. 508-373-5159.

ANDOVER CENTER- cozy, modern studio apartment on commuter line w/utilities and heat included. Laundry, parking, cable. No pets. \$475/month. 686-1111.

ANDOVER CENTER- Walk to town, 2+ bedroom duplex across from small park. \$695/month plus utilities. Call Lee Dodd 617-262-6907.

ANDOVER- Center of town, spacious. Can be either commercial or residential. Call 475-0202.

ANDOVER- one bedroom apartment. Walk to center, off-street parking. No utilities/pets. Security deposit. \$600/month. Call 508-851-8776.

ANDOVER- Shawsheen Village. This apartment is not for you if you want condo or apartment complex living. Beautiful, large 4 room (1 bedroom) apartment in very nice, residential neighborhood. \$750/monthly. 475-5630.

ANDOVER- two bedrooms, top floor condo. Heat, hot water, a/c, pool, tennis, new paint/carpets. Available 8/15. \$825/mo. Call 508-937-4420.

ANDOVER/LAWRENCE LINE, close to highways. One and two bedroom apartments. Immediate occupancy. Call 681-1800.

BEACHFRONT 2 BEDROOM Salisbury condo. Two baths, washer/dryer, fully applianced, partially furnished, gorgeous third floor view. Available after Labor Day until mid-June. \$650/month, no utilities. 508-462-4923.

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(3) 7/23 ARM	6.75 +2 pts	7.25
(4) 1/1 ARM	6.625 0 pts NO CLOSING COSTS	8.15

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NORTH ANDOVER

STORYBOOK CAPE - Create your dream house! Bright & cozy Cape with 7 rms/3 bdrms inc a sunroom. Hdwd flrs, updated baths & kitchen & new septic system are a few features you'll find welcoming as a new home owner. Also has lower level w/walk-out sliders to private backyard. **\$174,500**
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ANDOVER

LIKE NEW! Loads of improvements just made this year including freshly painted interior & new carpeting - no need for anything but the movers! Light & bright colonial has 7+ rooms & 3+ bdrms with 3 rooms in a finished lower level ideal for 4th bdrm, office & playroom. **\$309,900**



METHUEN

PRIME LOCATION AT A REALISTIC PRICE! Immaculate two family home in wonderful Methuen neighborhood. Fireplaced living rooms. First floor has lower level in-law suite. Four car garage & plenty of parking. **\$149,900**



Join in our doll house raffle and help support one of the areas most important organizations for children. Tickets are \$1.00 each or 6 for \$5.00 and all proceeds benefit the **New England Home for Little Wanderers**. Drawing will be held September 17, 1996. See a DeWolfe New England Associate for details and ticket purchase.

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NORTH ANDOVER

FROM THE ELEGANT marble tiled foyer, to the custom cherry kitchen, no detail has been missed in creating a casual, yet elegant atmosphere in this superb home. With too many extras to list, you will have to see it for yourself. **\$409,900**



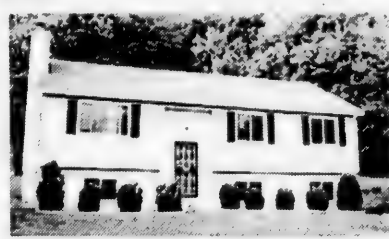
METHUEN

PINEBROOK ESTATES - Is the setting for this spacious 8 rm Col. Tiled entrance foyer opens to formal liv rm & din rm. Abundant kit cab's & a moveable ctr island. Mstr bdrm boasts of a 10 X 6 walk-in closet & 3 other good-sized bdrms. 2.5 bath, 2 car grge. Great value at **\$199,900**



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NO IMPROVEMENT NECESSARY! - Move right into this turn-of-the-century Victorian & enjoy the rest of the summer. Meticulously maintained and recently updated with a grand kitchen, new baths and new windows on first floor. Lots of room with 4 bedrooms plus possibility of expanding into the attic areas. **\$197,500**



METHUEN

PRETTY, YOUNGER vinyl clad split entry with cathedral ceiling in living and dining rooms provides bright, spacious feel. The well laid out kitchen overlooks the dining area and lends itself to joining the "entertainment" fun. A fireplaced family room is great year 'round. **\$139,900**

(508) 475-8600 • 76 MAIN STREET, ANDOVER

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Apartments for Rent

BEST VALUE! Luxury apartments with spacious two bedrooms, two baths, designs. In-home washer/dryer, central air, gourmet kitchen. Clubhouse, fitness center, spa, pool. Please call **975-1001**.

BOXFORD- elegant furnished bedroom, living room, bath. Quiet, country setting, convenient location. wall/wall, parking. No pets, no lease. Perfect for one professional. \$450/month includes utilities. **508-887-6390**.

SOUTH LAWRENCE- adjacent to Rte. 93, 5-1/2 rooms, garage, porch, yard. \$540/month, no utilities. Call **683-0094**.

SOUTH LAWRENCE/ANDOVER LINE- second floor, five rooms. Appliances, off-street parking. No pets, no utilities. \$525/mo. Call **475-2791**.

Roommates Wanted

NORTH ANDOVER- Share new house. Non-smoker wanted. \$600/mo. Call evenings **686-3054**.

SOUTH LAWRENCE MALE, non-smoker to share nice, 2 bedroom townhouse, 1-1/2 baths, fireplace, a/c, dishwasher. Heat included. \$400/mo. Call Chris **794-1182**.

Wanted to Rent

PROFESSIONAL COUPLE with two school age children seek long term rental of single family house, close to town, Doherty Middle School district. Minimum of six rooms, 3 bedrooms, 1-1/2 baths, garage. Phone **475-0509**.

Garages for Rent

1/2 OF OVERSIZED garage with above storage space for rent. Plenty of space for car and/or boat. Call **475-1157**.

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ANDOVER SELF STORAGE heated storage units, 25sq.ft. and up. High security with low monthly rates. Call **975-3933**.

Resort Places for Rent

ADVERTISE YOUR VACATION RENTALS here for positive results. For as little as \$5.75 per week, you can have your property listed here. Simply call **475-1943**. One of our classified ad representatives will be happy to take your ad.

CAPE COD- West Harwich, right on Pleasant Beach. Beautiful apartment, one bedroom cottage, oceanview. \$795/wk. Responsible adults only. David **689-3702**.

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to town and highways plus all town services is the location of
this dramatic new Colonial. A spacious kitchen opens to a
26X24 great room with stone fireplace

Exclusive \$459,900

21 Windmere Drive, Andover.



JUST LISTED! OPEN SUNDAY 1-4. This 2 year old
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shines! State of the art kitchen features Corian and granite
countertops. Stop by and tour this fine home.

Exclusive \$279,900

5 Rosedale Avenue, North Andover.



THIS INCOMPARABLE WATERFRONT residence, blend-
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like acres at the end of a cul-de-sac. Stone, wood, walls of
glass and 17 skylights complement the stone arch from the
Searles Estate and an antique bar in this exquisite home.

Exclusive \$1,100,000



BEAUTIFULLY SITED on lovely landscaped grounds in the
distinctive Indian Ridge area is this stately 10 room custom
English Tudor home. A finished birch paneled lower level
family room with wet bar and separate office add to this
home's appeal.

Exclusive \$465,900



OWN THIS EXCITING Andover business and look forward
to going to work every day! Call for more information on this
incredible opportunity.



EDGEFIELDS, a true Tudor amid 3.6 rolling acres, exudes
dignity and character and exhibits rich moldings, leaded win-
dows, butternut paneling, and quartered oak floors.

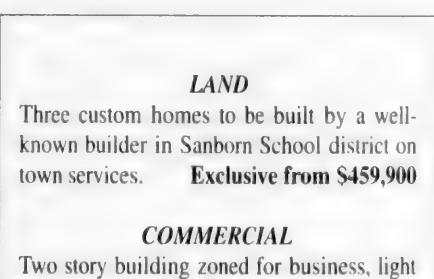
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Additional acreage available.



NESTLED ON A PROFESSIONALLY landscaped acre in a
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master with fireplace, cathedral ceilings and Jacuzzi bath,
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Exclusive \$314,900



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Three custom homes to be built by a well-
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Exclusive from \$459,900

COMMERCIAL

Two story building zoned for business, light
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- Library area! Needs TLC!
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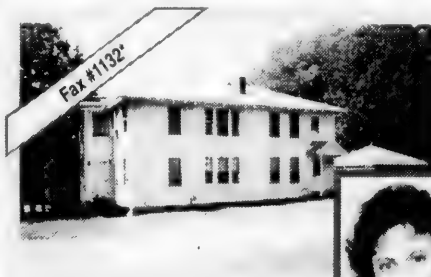
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- Location! Location!
- Two living levels plus loft area!
- Cathedral ceiling, fireplace, skylights!
- Hardwood floors, 2.5 baths, garage! \$182,500



Julie Gerraughty



- Excellent exposure on Route 114!
- Two family plus 2 adjacent vacant lots!
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- Call for details! \$279,900



Pam Lebowitz



- REDUCED! Shawheen brick section!
- 4 bedroom, 2.5 bath Cape!
- Cathedral ceilings in MBR & sunroom!
- 20' FR, fp LR, immac condition! \$289,000



Pam Lebowitz



- New construction, new development!
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- One acre lot, 3 car garage!
- Other lots available! \$429,900



Vanessa Hunt

Century 21

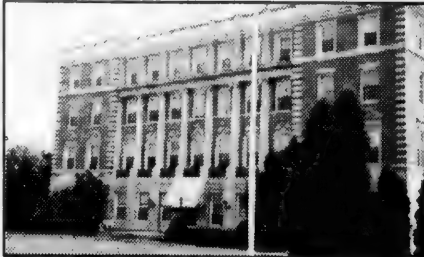
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Who's making a splash with home buyers this summer?



ANDOVER - Fresh, bright and completely redone! This unit overlooks the front lawn and Shawshen River. New carpets & tiles. Terrific condition. **\$89,900**



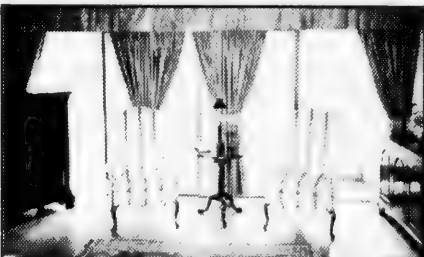
ANDOVER - A quiet country road with conservation land behind is the perfect setting to enjoy this 6+ room Colonial that features a front to back living room w/fireplace, dining alcove and spacious kitchen. **\$149,900**



NORTH ANDOVER - Prime library location! Charming 6 plus room Cape that features an eat-in kitchen, family room, formal living room, solar room and level lot with wonderful pool for summer enjoyment. **\$184,900**



ANDOVER - Terrific 9 room Ranch in move-in condition. All the work has been done for you. Kitchen is updated w/custom island and euro-style cabinets. Exterior recently painted. **\$187,000**



NORTH ANDOVER - Better than new condition! Millpond's largest unit boasts 7 rooms, a new kitchen, hardwood floors, and is freshly decorated throughout. Bright end unit in private location. **\$219,000**



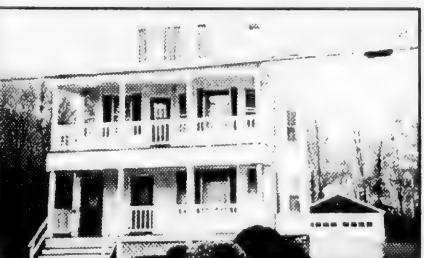
ANDOVER - Commute with ease! 8 room home in great family neighborhood is close to highways. Four bedrooms, living room with fireplace and lower level family room with walk-out access. **\$239,900**



ANDOVER - Great location! Recently updated contemporary Ranch, fabulous new kitchen with solarium eat-in area. Vaulted ceilings and skylights, hardwood floors. **\$267,000**



NORTH ANDOVER - North Andover's best buy! Great Gambrel in Carlton Farms on wonderful country acre with in-ground pool and fenced back yard. Hardwood floors throughout. Many built-ins add to the charm. **\$284,000**



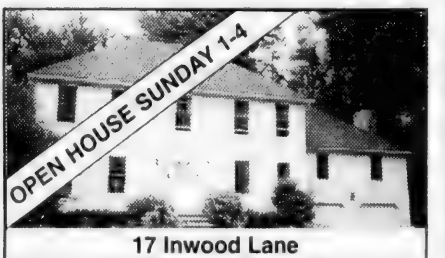
ANDOVER - In-town two family! Apt. #1: Entry foyer, living room, formal dining room, kitchen, master bedroom and bath on 1st floor. Two more bedrooms on 2nd floor. **Apt. #2:** Entry, living room, dining room, kitchen and den on 2nd floor. Three bedrooms and bath on 3rd floor. **\$299,900**



ANDOVER - Authentic Antique Colonial registered w/Andover Historical Society. Lot abuts town conservation. Size and layout provide many living opportunities from two-family to single with in-law. Twelve rooms and 6 bedrooms. **\$319,900**



ANDOVER - Move right in! Well cared for, bright 9 room home on cul-de-sac in Sanborn School district. Minutes from highways. Appealing country kitchen with oak cabinets and light-filled Florida room. **\$349,000**



ANDOVER - NEW LISTING! A true must see! Fabulous center entrance Colonial situated on manicured lot in desirable family neighborhood. Meticulously maintained both inside and out. **\$384,900**



ANDOVER - Beat the heat this summer in your in-ground pool and large enclosed porch. Nine room Colonial with fireplaced living room and large dining room provide the perfect settings for entertaining friends and family. **\$389,500**



ANDOVER - Stately Colonial in Academy area. A magnificent house that includes: gracious foyer, formal living room with fireplace, and a warm and bright country kitchen. **\$525,000**



ANDOVER - Best price per square foot in Andover! Magnificent 12 room French Provincial offers over 5,000SF of living space! Fantastic pool and central air keeps you cool all summer. Pike School location. **\$529,000**



ANDOVER - Stately and elegant Victorian located within walking distance of the town center in one of Andover's most desirable locations! Spacious manicured grounds. Classic detailed workmanship. Updated to perfection. **\$835,000**

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ANDOVER Beautiful decor & move in condition! Super 1 bedroom Condo — easy to work in kitchen with good sized dining area, living room with sliders to balcony, closets with built-ins! Minutes to everything!
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NORTH ANDOVER Estate sale! Needs sprucing up, but what potential! Charming 5 room Ranch with attached garage on half acre lot surrounded by stone walls — Unbelievable find! \$134,900



ANDOVER Super value near train station and playground! Totally updated 6 room, 2 bath Cape with family room and screened porch for added living space! Just move in and enjoy!
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New Listing!

ANDOVER In historic Shawsheen Village & short walk to Boston commuter train! Lovingly maintained 7+ room Ranch with hardwood floors, fire-placed living room, den, deck and garage!!
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NORTH ANDOVER Set well back from the road with sweeping lawn & tall trees — Colonial Ranch with lots of brick, 2 dual fireplaces, family room off kitchen, play rm & screened porch! WOW!
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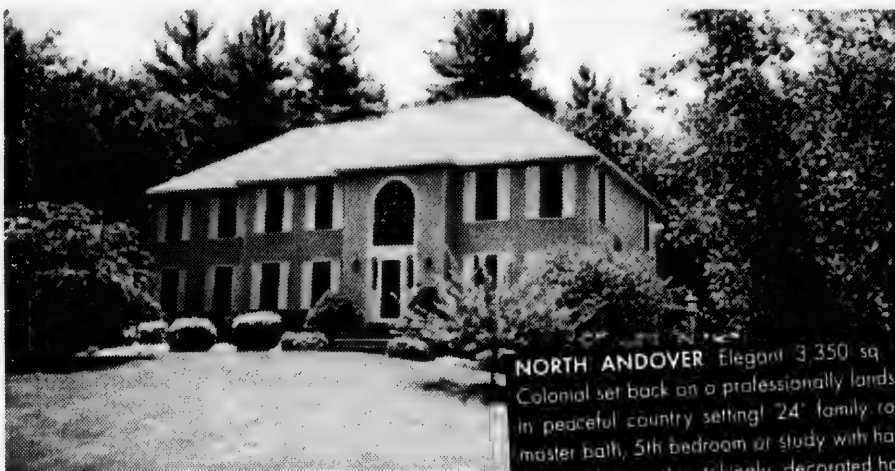
ANDOVER Attention Investors! Prime in-town location! 5 family zoned general business, off street parking, barn/garage, updated systems & many improvements! Call now on this rare opportunity!
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ANDOVER Winter water view! Complete privacy at end of popular cul-de-sac! Brand new 9 room Colonial in perfect stage to bring to it your own personality! Big fireplaced family room off super 25' kitchen with access to deck! Very special!
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ANDOVER Looking for a real architectural Contemporary? You must see this smashing 9 room custom home with manicured grounds, heated pool, study, conversation pit, lots of glass and open space — plus most sought after near high school location!!
\$539,900



ANDOVER Walk to Phillips Academy & town! Absolutely wonderful 10+ room, 3.5 bath Colonial — 2 story foyer with beautiful circular staircase, fine quality & details in every room, Pella windows & doors, cathedral ceiling, 3 season glassed in porch... don't miss out!! \$599,900



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ANDOVER



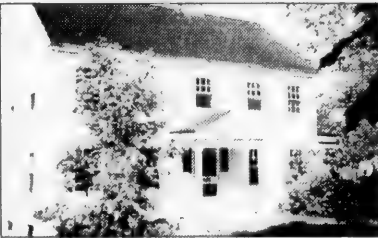
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CALL MARILYN BURKE 725-5347\$349,900

ANDOVER



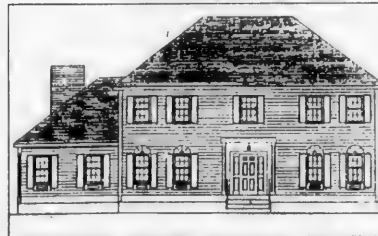
A LARGE PRICE ADJUSTMENT and Olde World charm make this Brick Colonial impossible to resist now! Incredible kitchen; gorgeous foyer with sweeping staircase; Back-bay ambience. Work's all done for you in this 4 bedroom, 2.5 bath gem. 2 car garage, too! Truly exciting, one-of-a-kind home!
ALWAYS CALL RICK COCO AT 725-5384\$349,900

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NORTH ANDOVER



DISCOVER THE VALUE! Custom quality, wonderfully designed 3,600+ square foot Colonial located on terrific wooded lot on end of cul-de-sac. Lots of hardwood, outstanding white kitchen and a family room fit for a King!
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HINTS OF THE PAST surround you in this spectacular reproduction Saltbox Colonial in Phillips Academy area with over 3,600 square feet of impressive living area! Ten beautifully appointed rooms featuring authentic Colonial architectural details, 3 fireplaces, custom cherry kitchen, central air, gorgeous Florida room overlooking private backyard!
FOR MORE INFORMATION CALL LINDA CUTTER 725-5353 OR 800-5-TOP PRO CODE 201-098-3.....\$529,000



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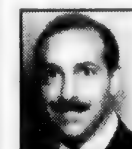
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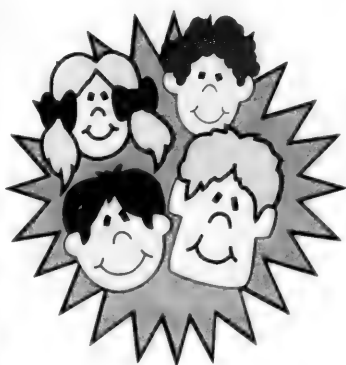
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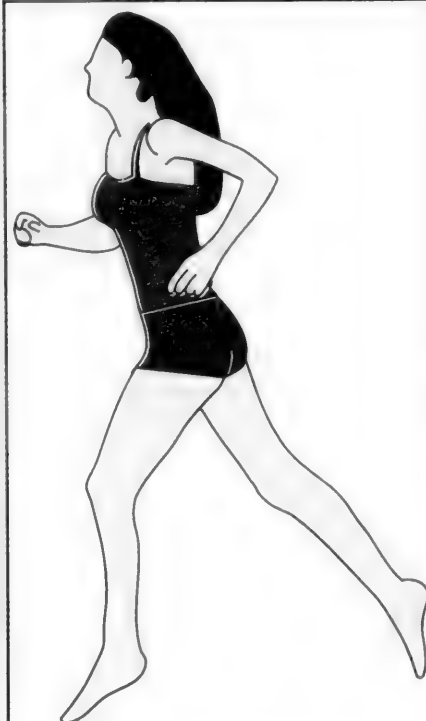
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Keeping kids healthy

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Staying fit after 40

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Avoid unnecessary time in the emergency room

page 18



Summertime health tips

pages 16-18



DIET & NUTRITION

Reducing salt in diet has little effect on blood pressure

Intervention may be beneficial to older hypertensive individuals only

Contrary to current dietary recommendations, cutting back on salt does not lower blood pressure for most people, according to an article in a recent special hypertension theme issue of *The Journal of the American Medical Association (JAMA)*.

Julian Paul Midgley, B.M., B.Ch., and Alexander Gordon Logan, M.D., from the Division of Nephrology, Department of Medicine, University of Toronto (Ontario) and colleagues analyzed studies that had evaluated whether restriction of dietary sodium lowers blood pressure in hypertensive and normotensive individuals (people with normal blood pressure). Mr. Midgley is now with the Division of Nephrology, Department of Pediatrics, University of Calgary (Alberta).

They write: "In summary, trials of dietary sodium restriction ... showed reductions in systolic pressure and nonsignificant decreases in diastolic pressure. The magnitude of change

was larger in trials of older hypertensive subjects and small and nonsignificant in the subgroup of trials of normotensive subjects whose meals were prepared and who lived outside the institutional setting."

The study consisted of a computerized literature search for relevant studies on the subject. Trials were selected that had dietary sodium intervention groups, monitored by timed sodium excretion, with outcome measures of both systolic and diastolic blood pressure. Study results were then combined in the process of meta-analysis.

This meta-analysis is an update of the last detailed overview of randomized controlled trials of the dietary sodium restriction on blood pressure, reported in 1991. It pools the results of 56 trials (28 hypertensive trials and 28 normotensive trials) from 53 articles involving 3,505 subjects (1,131 hypertensive patients and 2,374 nor-

motensive individuals). The blood pressure change in this study was considerably smaller than that reported in the 1991 study.

The researchers found that the blood pressure response to dietary sodium intervention was considerably larger in trials of hypertensive subjects with a mean age of 45 years or older than that for all hypertensive trials together. In trials of younger hypertensive individuals, the decrease was much smaller for systolic blood pressure, and negligible and nonsignificant for diastolic blood pressure.

In the 14 trials of normotensive subjects whose meals were prepared and who lived outside the institutional setting, there was no evidence of a systematic change in blood pressure.

Dietary recommendations on reducing sodium need to be re-examined

The authors write: "There is now a

need to look beyond blood pressure control with this dietary intervention in light of new evidence linking low urinary sodium excretion with higher mortality risk, and recent reports describing the adverse metabolic effects of a low-sodium diet.

"This analysis, in part because of the large number of normotensive trials now published, does not support one of the goals of the Nutrition Labeling and Education Act (1990), that of lowering blood pressure in the normotensive population at large, and questions the wisdom of universal dietary sodium restriction without better evidence of the long-term benefits and safety of such an intervention."

Editor's Note: This study was supported by an unrestricted educational grant from Campbell's Institute for Research & Technology, Camden, N.J., and Medical Research Council of Canada.

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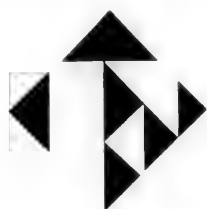
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DIET & NUTRITION

Diets high in red meat and animal fat associated with increased risk of lymph node cancer

Risk can be lowered with increased consumption of fruit

Researchers have found an increased risk for non-Hodgkin lymphoma (NHL) in older women who have diets high in meat and animal fat, according to a recent article in *The Journal of the American Medical Association* (JAMA).

Brian C.-H. Chiu, M.S., from the Department of Preventive Medicine and Environmental Health, University of Iowa, Iowa City, and colleagues conducted a study to determine whether high dietary intake of fat, protein, and milk are associated with the development of non-Hodgkin lymphoma (any cancer of lymphoid tissue [found mainly in the lymph nodes and spleen] other than Hodgkin's disease). The study included a sample of 35,156 Iowa women aged 55 to 69 years with no prior history of cancer. A total of 104 developed NHL.

The researchers conclude: "We have observed positive associations between higher intakes of animal fat, saturated fat, monounsaturated fat,

and red meat (especially hamburger) and the risk of NHL in this cohort of older Iowa women.

Future studies need to fully evaluate cooking methods and doneness of meat in order to identify more specific associations between red meat consumption and NHL.

"Further study of the role of dietary factors in the development of NHL may lead to new insights into the pathogenesis of this disease and may ultimately offer clues to its prevention in the population."

The researchers believe that fat and protein may influence the development of NHL through effects on the immune system. They write: "Excessive absorption of food proteins has been hypothesized to induce chronic hyperstimulation of the immune system. Since food is the largest single antigenic (triggering an immune response, resulting in production of antibodies) challenge facing the human immune system and is operative on a regular and prolonged

basis, the outcome of such prolonged stimulation of the immune system may be a state of immune tolerance."

The study also suggests that higher consumption of fruits protects against NHL. The authors add: "It is possible that the protective association we observed for fruits may be attributable to their antioxidant micronutrients."

According to information cited in the study, NHL currently accounts for approximately three percent of all cancer diagnosed in the U.S. and affects about 43,000 Americans each year. The incidence of NHL has increased 73 percent between 1973 and 1991, more rapidly than for all other cancers except prostate cancer, melanoma of the skin, and lung cancer among women. This increase has been dramatic in older persons. In the U.S., NHL was the sixth most important incident cancer between 1987 and 1991 and the fifth most important cause of cancer mortality.

Tips for a healthier diet

According to a recent survey by the American Medical Association, Americans are seeking ways to be healthier.

About 82 percent want to eat a healthier diet, 84 percent want to exercise more and 62 percent are trying to reduce fat in their diet. Is a healthier diet easy to accomplish? Small adjustments can make a difference.

"While you can still enjoy your favorite treats now and then, balance your intake with nutritious alternatives to fattening foods, which is a smart step toward a healthier body," said Gail L. Becker, registered dietitian and consultant to Butter Buds all-natural butter-flavored granules. To help people stay on the health track, Ms. Becker offers the following healthy eating tips:

- Remove skin from chicken.
- Spread sandwiches with spicy mustard instead of mayonnaise.
- Top pizza with vegetables.

Continued on page 5

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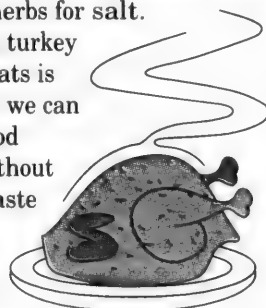
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Delicious and versatile, ground turkey is an ideal substitute for ground beef or pork. Low in fat and cholesterol, it works well with flavorful food such as spaghetti sauce or tacos and is terrific for limiting calorie and fat intake.

Here are some interesting facts about this delicious meat:

- Ground turkey breast is all white meat. The fat content is about

Continued on page 6

Tips for a healthier diet

Continued from page 4



- Blend non-fat yogurt with fresh fruits.
- Saute fish and seafood in wine; drizzle with lemon.
- Try fresh fruit spreads instead of butter on toast.
- Trim visible fat from meat.
- Cool homemade soups and stews and skim the fat off the top.
- Avoid dishes described as alfredo, au gratin, breaded, hollandaise and tempura.
- Read product labels and beware of hidden oils and fats.
- Top air-popped popcorn with Butter Buds Sprinkles.
- Vegetables, fruits and whole grain foods contain fiber, which is more filling than junk foods.
- Load up on fruits and vegetables at the salad bar. Beware of high calorie nuts, cheeses, creamy salads and dressings.
- Substitute two egg whites for one egg in recipes, or try a liquid egg substitute.
- Add complex carbohydrate-rich pasta to your menu. Mix pasta with vegetables sauteed in Butter Buds for tasty pasta primavera.
- Order steamed entrees and extra rice in restaurants.

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DIET & NUTRITION

A tomato a day keeps the doctor away

In the last 10 years thanks to increased dietary awareness, there's been a 23 percent decrease in death rates from cardiovascular disease. More Americans may be able to decrease their risks of getting cancer by improving their diet, particularly by eating more vegetables.

A wide range of vegetables have been shown to contain phytochemicals that prevent or combat cancer.

A study, recently published in the *Journal of the National Cancer*

Institute, found that men who ate two to four servings a week of tomatoes (including tomato sauce and pizza) lowered their risk of prostate cancer by 34 percent. And men who ate 10 servings of tomatoes a week reduced their risk by 45 percent.

"We found that more was better," said Dr. Edward Giovannucci, a researcher at the Harvard School of Public Health, which conducted the survey.

Tomatoes are rich in lycopene, a vit-

amin-like compound which belongs to the carotenoid family. The carotenoid family includes the better-known (but less potent) betacarotene, a compound also thought to fight cancer.

Additional research suggests that lycopene is also effective in preventing other forms of cancer.

Tomatoes are nature's richest source of this important compound.

Cooked tomatoes were identified in the study as being more protective than juice or raw tomatoes. Tomato

sauce was the most strongly associated with a lower prostate cancer risk because cooking releases the nutrients from the fruit's cells and improves absorption of lycopene in the body.

Besides this newest cancer-fighting role, tomatoes are also a rich source of vitamins A and C, they are low in fat and calories, and cholesterol-free.

To request free tomato-based recipes, write Hunt Foods Company, P.O. Box 440008, El Paso, Texas 88544-0008.

Turkey: The ultimate substitute

Continued from page 5

one percent.

- Ground turkey is a mixture of white and dark meat. The fat content of ground turkey may range between seven and 15 percent, with an industry average of seven to eight percent. A higher fat content indicates that more dark meat has been added to the mixture.

- Neither ground turkey nor ground turkey breast contain fillers.

- Ground turkey should be cooked until no longer pink or until it reach-

es 170 degrees F. on the meat thermometer.

- Turkey burgers lend themselves to seasonings such as oregano, basil, thyme and cayenne; toppings such as salsa, sliced tomatoes and onions, and sprouts; and sauces such as barbecue, Worcestershire, soy and hot pepper.

- Freeze ground turkey in small quantities to later thaw, brown and use in tacos, burritos, meat loaf, burgers, sloppy joes, chili, pasta sauce, lasagna and other recipes that call for ground beef.

- Because of the low fat content of ground turkey and ground turkey breast, all cooking surfaces should be lightly sprayed with cooking spray or oil before adding the meat.

- To make great-tasting turkey burgers, use your fingers to lightly mix the ground turkey with spices and form the meat into patties, taking care not to make the burger dense and compact. You may notice the turkey feels different than other ground meats. That's because it's so low in fat!

- Do not press down on the meat while the burger is cooking. The moisture that is forced out is the little bit of fat that remains in the burger, which gives it that rich turkey taste.

Free Brochure

For a free brochure about ground turkey and how to use it in a variety of delicious meals, write: "Ground Turkey Ideas," The National Turkey Federation, Suite 400, 1225 New York Avenue, N.W., Washington, D.C. 20005.

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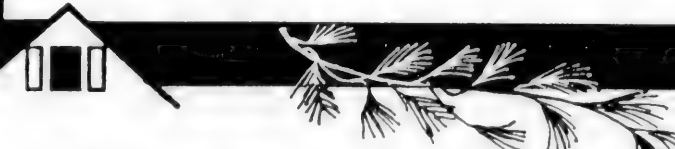
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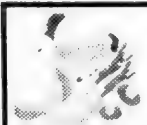
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DIET & NUTRITION

How much do you know about vitamins?

Do you take vitamin supplements? If you're like most Americans, you take a daily vitamin supplement but you don't actually know how it enhances your life.

Vitamin tablets should supplement a low-fat, high-fiber diet, not replace it.

Research shows that individuals have different needs at various stages of life, so before you take that daily, catch-all tablet, test your nutritional IQ:

Q. What are vitamins and minerals and why are they important in our diet?

A. Vitamins are essential nutrients that must be obtained from the diet that help in the formation and maintenance of blood cells, hormones, nervous system chemicals, genetic material and all the cells and tissues of the body. They are produced by living material.

Minerals are inorganic substances found naturally in the soil. They provide structure to bones and participate in muscle contraction, blood formation, building protein and energy production.

In general, vitamins and minerals are nutrients that cannot be manufactured by our bodies. More than 40 different nutrients are required for normal growth and maintenance of body tissues.

In addition, scientific research is showing that many nutrients may play an important role in reducing the risk of various common, chronic diseases.

Q. All my body needs is a strict exercise regimen and a low-fat diet, right?

A. Wrong. While exercise tones muscle and burns calories and fat, the body also is depleted of necessary nutrients such as the B vitamins, antioxidants, chromium, copper, magnesium, zinc, echinacea and garlic, that must be restored to maintain peak performance. Your exercise and vitamin requirements will change as your body matures.

Q. I've been taking the same type of vitamin supplement for 10 years. Why should I change?

A. While the nutritional requirements of men and women are different, so are your needs as your body ages from adolescence to the perinatal and middle years to the later years. Knowing how much to take of what and when to take it can be confusing.



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Last year, 2,500 babies, including Elizabeth and Katherine Conole of Dracut, were delivered at The BirthPlace at Lowell General Hospital. The Level II nursery at The BirthPlace makes it possible for premature babies, like the Conole twins, to be born close to home and stay close in the first days of critical care.

After a complicated pregnancy, Diana Conole's girls arrived five weeks early. "I can't say enough about The BirthPlace. The Level II nursery team took care of the girls as soon as they were born. Katherine had complications and was sent to Boston for Level III care. She was back with us in four days, thanks to the perseverance of the nurses. If I'd been at any other hospital in the area, I might not have seen her for over a week!"

In addition to the security of an on-staff neonatologist and a critical care team, The BirthPlace's Mother/Infant Unit features private rooms with a shower and bed for fathers. The BirthPlace offers a choice of top physicians, a variety of insurance plans, and many birthing options.

Diana and Clem Conole learned a lot watching the Level II team care for their daughters and other critical care babies. "The challenges were there, but we took them in stride thanks to LGH."

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FITNESS & EXERCISE

Treadmill burns calories faster

Exerciser can burn 40 percent more calories on treadmill than cycling

Of the most common exercise machines, the treadmill provides the most efficient way to burn calories, according to a recent article in *The Journal of the American Medical Association* (JAMA).

Anne I. Zeni, D.O., from the Sports Performance and Technology Laboratory, Medical College of Wisconsin and Veterans Affairs Medical Center, Milwaukee, and colleagues compared the rates of energy expenditure (calories burned) at given rating of perceived exertion (RPE) levels among six different indoor exercise machines. They used 13 healthy young-adult volunteers (eight men, five women).

The researchers conclude: "This study shows that exercise at a given RPE resulted in substantial differences among exercise machines in rate of energy expenditure. The treadmill machine induced higher rates of energy expenditure and aerobic demands than the other exercise machines examined. Thus, if exercise intensity is established by perceived

The treadmill induced higher rates of energy expenditure for fixed RPE values than all other exercise machines.

effort, treadmill walking/running will result in the greatest energy expenditure and cardiorespiratory training stimulus during a given duration of exercise."

The subjects underwent a four-week habituation period to become familiar with the exercise machines, which included an Airdyne, a cross-country skiing simulator, a cycle ergometer, a rowing ergometer, a stair stepper, and a treadmill.

Following habituation, each subject completed an exercise test with each exercise machine. The exercise test comprised three stages of five minutes at self-selected work rates corresponding to RPE values of 11 (fairly light), 13 (somewhat hard), and 15 (hard). Oxygen consumption,

from which the rate of energy expenditure was calculated, was measured during the last minute of each five-minute exercise stage.

The treadmill induced higher rates of energy expenditure for fixed RPE values than all other exercise machines. The cross-country skiing simulator, rowing ergometer, and stair stepper induced higher rates of energy expenditure than the Airdyne and cycle ergometer.

The researchers found that exercising on the treadmill at an RPE of 13 (somewhat hard) would expend approximately 700 calories an hour, compared to 500 calories an hour when using a cycle ergometer at the same RPE. In other words, 40 percent more calories can be burned on

the treadmill walking/running than on the cycle ergometer.

The authors write: "In developing an exercise prescription, individual factors beyond those addressed by this study must often be considered, including physical disability, existing musculoskeletal disorders, predisposition to develop musculoskeletal overuse injuries, medical conditions affecting balance, accessibility, cost, personal preferences, and training specificity.

"These factors might make certain modes of exercise more appropriate for some individuals. Although exercise mode affects the rate of energy expenditure, exercise periods of longer duration could be used to equalize the total energy expenditure."

Editor's Note: This research was supported in part by Concept II Inc., Fuji America Inc., NordicTrack, Schwinn Cycling & Fitness Inc., Tectrix Fitness Equipment, and VA Medical Research Service.



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FITNESS & EXERCISE

Staying fit after 40

Many aches and pains of aging are a result of the "use-it-or-lose-it" process, also called "disuse syndrome." Increased body fat, weak and stiff muscles, brittle or porous bones, low energy and increased risk of numerous diseases from diabetes to heart disease are all related to a sedentary lifestyle.

"Exercise is a critical component of staying young and healthy during the second half of life," says dietitian and author Elizabeth Somer, a spokeswoman for a national vitamin company.

The following recommendations are a baseline for designing an exercise program during the middle years:

- Carve out of the daily routine at least 60 minutes of physical activity, that is, climbing stairs, walking or moving. This movement can be continuous or divided into numerous "sessions" throughout the day, such as 12 minutes five times a day.

- At least three times a week engage in a continuous exercise that lasts 30 to 40 minutes and maintains an increased heart rate, such as brisk walking, aerobic dancing, jogging or biking.

- Ideally, at least once or twice week do some form of strength training, such as lifting light weights or working out on resistance equipment at the local gym.

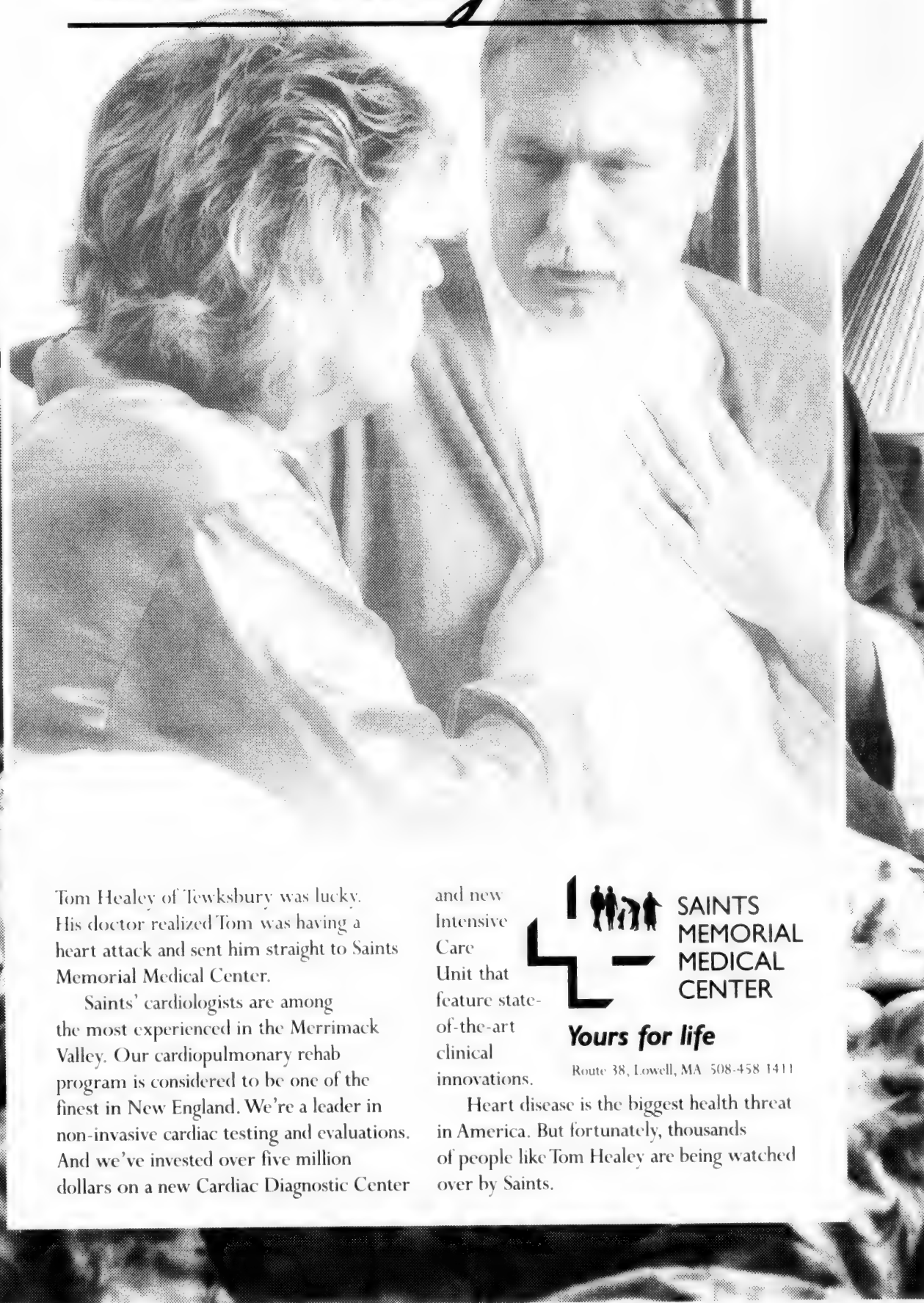
Optimal nutrition also is key to maintaining good health as you grow older. Nutritional needs change with age however, and are different for men and women.

The nutritional goals for men's middle years are to maintain peak performance, both mentally and physically. During this phase of life, men are establishing the blueprint for maintaining optimal health in their later years. Nutritional neglect at this stage of life could progress unnoticed until problems begin to crop up in the senior years.

For men over 40, supplementing a healthy diet with additional antioxidants and chromium is a good idea.

For women over 40, a primary nutritional concern is calcium. The gradual bone loss that started in a woman's 30s will progress to osteoporosis after menopause unless women take action. A course of nutritional prevention is vital to assure good health in later years. At this stage of life, supplementing a healthy diet with magnesium, calcium, Vitamin D and antioxidants can fill in possible nutrition gaps.

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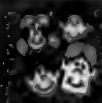


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CHILDREN'S HEALTH

Child-resistant packaging reduces accidental death by 45 percent

Child-resistant packaging is credited with saving hundreds of lives since it was mandated for oral prescription drugs in 1974, according to an article in a recent issue of *The Journal of the American Medical Association* (JAMA).

Gregory B. Rodgers, Ph.D., from the Directorate for Economic Analysis, U.S. Consumer Product Safety Commission, Washington, D.C., evaluated the effectiveness of child-resistant packaging in reducing the mortality rate for children younger than five years from the unintentional ingestion of oral prescription drugs.

He writes: "The results of this time series study provide persuasive and robust evidence of the effectiveness of child-resistant packaging for oral prescription drugs. A statistically significant decrease in the child mortality rate was associated with the introduction of child-resistant packaging, even after controlling for changes in the consumption of oral prescription drugs and for long-term safety trends."

Annual mortality rates associated with the unintentional ingestion of oral prescription drugs were compared from 1964 to 1992 for children younger than five years. Rodgers found that the child mortality rate declined from about 3.5 deaths per million children in the late 1960s to less than 2.0 deaths per million children in the early 1990s.

He writes: "This reduction is substantial as well as statistically significant: it equates to about 460 fewer child deaths from 1974 through 1992. This averages to about 24 fewer child deaths annually, a reduction of about 45 percent from levels that were projected in the absence of child-resistant requirements."

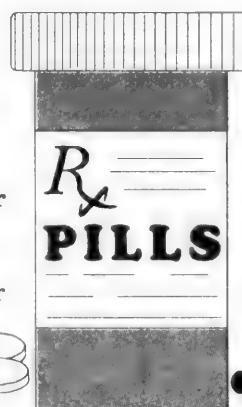
Death rate can be further reduced with greater compliance by adults

Rodgers adds that further reductions in the child poisoning rate are possible if

more consumers, including older consumers, use child-resistant packaging and use it correctly. Many child poisonings involve child-resistant packaging left unsecured by adults or occur outside the child's home, such as medications of grandparents and other older persons, who may have difficulty closing containers.

He writes: "The Consumer Product Safety Commission has recently acted to increase consumer acceptance of child-resistant packaging by encour-

aging packaging designs that are both child-resistant and easier for all adults to open and close. Specifically, the agency revised the testing protocol for child-resistant packaging to promote designs that are easier for older persons to open but do not compromise the child-resistant characteristics of current child-resistant packaging."



The revised test protocol applies to products packaged on or after January 21, 1998. It includes a child test to make sure that a large majority of young children are unable to open child-resistant packaging and an adult test to make sure that adults can properly use the packages. The major change is the substitution of 100 older adults, aged 50 to 70 years, for the current adult panel, aged 18 to 45 years.

Rodgers concludes: "Consumers of all ages should also always be encouraged to keep medicines out of the reach of children, even when they are in child-resistant packaging. The fact that many child poisonings involve medicines that are in child-resistant packaging at the time of ingestion shows that child-resistant packaging is not child proof. Therefore, parents and caregivers (and other adults who have child visitors) must be reminded that child-resistant packaging is no substitute for the safe storage of medicines or for close adult supervision."

Beth Israel Hospital & Children's Hospital

MEDICAL CARE CENTER

Contact Lens Program offered

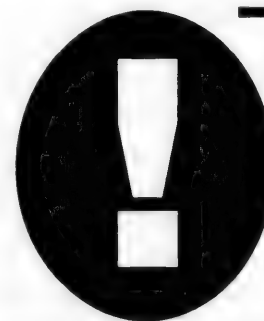
The Beth Israel Hospital and Children's Hospital Medical Care Center is pleased to offer a comprehensive of a Contact Lens Program

The program is staffed by Bruce D. Moore, O.D. who has been a member of Children's Hospital's Department of Ophthalmology for more than 20 years. Fees are competitively priced

The Medical Care Center is conveniently located at 482 Bedford St., just a short distance from Route 128, in Lexington



**For more information about the program
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Diet Workshop relocates North Andover center to Cross Roads Plaza

Diet Workshop, a national weight loss company, has relocated its North Andover center to the new Cross Roads Plaza on Route 114. The center relocated from 1060 Osgood St. to accommodate a growing membership in this area. The grand-opening celebration occurred on Saturday, June 1, and included a variety of promotions and giveaways.

"Our North Andover center has grown dramatically since we opened in 1988, and we simply outgrew our previous location," said Beverly Reardon, Diet Workshop's regional manager. "Our new retail center at Cross Roads Plaza provides us with an additional 400 square feet of space, so now we are well-positioned to serve the needs of our growing membership. The larger facilities have enabled us to expand our weight-loss support services and add five new class times."

Cross Roads Plaza, a new retail center on Route 114, is easily accessible to residents of Andover, North Andover, Lawrence, Haverhill and

Middleton, and is within walking distance of Merrimack College. Convenient free parking is available.

Classes at the Cross Roads Plaza location are held Monday through Saturday at the following times: Mondays at 12:15 and 5:30 p.m.; Tuesdays at 9:30 a.m. and 5:30 p.m.; Wednesdays at 12:15, 5:30 and 7 p.m.; Thursdays at 7 p.m.; Fridays at 9:30 a.m. and 12:15 p.m.; Saturdays at 8:30 and 10 a.m. The center is open one-half hour prior to class times for weigh-in and retail purchases.

Founded in 1965, Diet Workshop has emerged as a leader and innovator in the weight-loss industry through its unique behavior modification approach, group counseling and flexible program options. Lauded by Tufts University's Health and Nutrition Letter as a "diet you could live with indefinitely," Diet Workshop has earned the support of health care professionals throughout the country.

For additional information, call 1-800-488-DIET.



CHILDREN'S HEALTH

Common questions about baby food answered

While it seems that moms have always had all the answers, the fact is, they've got a lot of questions, too. Gerber's toll-free helpline – now in its 10th year – provides advice and answers to more than 2,400 callers per day.

Since 1986, parents and caregivers have called the helpline more than four million times for advice on how to care for their babies. Specially trained mothers and grandmothers, even one father, operate the helpline.

Since its inception, the most commonly asked questions have remained the same, the company said, indicating that while moms may change, their questions do not. Here's a look at some of the most frequently asked questions the hotline receives.

Q. When should I begin feeding my child baby food?

A. Once a baby has doubled birth weight or weighs about 13 pounds, frequently breast feeds eight to 10 times a day or takes more than 32 ounces of formula.

Q. Do I have to heat the baby food?

A. All baby foods are fully cooked and can be served cold, at room temperature or may be warmed if preferred. Whenever feeding babies any food, always be attentive.

Q. Once the baby food is left over, how long will it keep?

A. Store any unused portions in the refrigerator and use them within 72 hours. Gerber does not recommend feeding from the jar, however, or heating the food in the jar as this would change the desired consistency. Always spoon the product into a dish and feed the baby from the dish.

Q. Can baby bottles be heated in the microwave?

A. Yes. To microwave bottles:

1. Remove nipple, collar and hood from nurser. Place filled nurser in microwave.

2. Microwave at 10-second intervals. Replace nipple and collar. Invert nurser and check temperature on wrist after each interval.

For advice 24 hours a day, seven days a week, call 1-800-4-GERBER (1-800-443-7237).

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AFTER
Shauna Kennedy lost 40 pounds in 5 months at Diet Workshop.
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CHILDREN'S HEALTH

Helping kids curb cavities

Months before baby's first tooth appears, parents can help their children begin a lifetime of good oral health.

The first step starts as soon as the baby is born; parents should use a wet cloth or gauze to clean gums and remove plaque after nursing. Gentle brushing with a soft bristle brush begins with the first tooth and flossing, when most primary teeth are in.

Here are some guidelines from The American Academy of Pediatric Dentistry:

- Help your child brush with a fluoride toothpaste twice a day. Children can usually take over brushing themselves around the age of 6 or 7.
- Floss children's teeth once a day until they are able to do it themselves – again, around 7 or 8.
- Visit your pediatric or general dentist regularly.
- Get enough fluoride through drinking water, fluoride products and, when indicated through fluoride supplements.
- Snack moderately – no

more than three or four times a day. It's not the snacking that causes cavities but how long the food stays on the teeth, so, if possible, brush after snacking.

The snacks your children choose are as important as when – and how – much they snack. Research has shown that certain snack foods have anti-cavity power. For example, cheese and other dairy products stimulate the flow of saliva, which can help strengthen tooth enamel.

Raw fruits and vegetables are also great snack choices. Should your child want something sweet, caramel or some kinds of chocolate and hard candies that dissolve and clear the mouth quickly may be an alternative. If your child wants something crunchy, studies show that peanuts and cashews fight plaque and neutralize bacteria that cause tooth decay.

For an informative booklet on children's dental health, write to The Sugar Association, 1101 15th St., NW, Washington, D.C. 20005.



LOCAL PHYSICIAN, NETWORK COVERAGE



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Effective treatment for leg veins available

Patients can now put a stop to the discomfort and embarrassment of varicose veins at The Center for Plastic Surgery and Personal Development

For Chantal Coker, the thought of wearing short summer clothes used to be an embarrassing and disturbing idea. She felt uncomfortable about letting anyone see her legs because of the varicose and spider veins which discolored her appearance. "I couldn't walk on the beach because I was afraid everyone would look at my legs." Even masking their appearance with stockings or creams wouldn't alleviate her concern. "I would use foundation creams, but it wouldn't work right."

Chantal, now 49, originally learned of a procedure while living in France to correct her condition, called Sclerotherapy. When she initially tried the treatment, the results were not significant enough to warrant proceeding any further. That was 12 years ago. Now in Boston, she heard of a similar procedure performed by Dr. Gurmander S. Kohli, medical director of The Center for Plastic Surgery and Personal Development, which had effective and significant results. "At my age, I was not looking to be perfect, like a movie star, but I wanted to be normal."

According to Dr. Kohli, "Chantal's condition is similar to many others

Where the activities of summer, such as going to the beach and wearing shorts, has always disturbed her, now she feels quite at ease since her concern has been addressed.

who have these vascular malformations on their legs secondary to various causes and in most cases, regardless of the cause, treatment is safe, effective and affordable."

Chantal's case called for a two-step procedure. The first involved adding a small amount of a special concentrated saline solution into the blood vessel. After a period of weeks, the treated veins turned into scar tissue that faded and eventually became not noticeable or invisible.

Although the skin that was once streaked with those cord-like veins

has been significantly improved, in Chantal's case the small spider veins between and around some of the old varicose veins were beyond the limits of the saline injection. In this case, using a special new laser in conjunction with the Sclerotherapy would further improve those vascular irregularities. The laser is specially tuned to treat those fine red lines between the varicose veins which many suffer from. This is another service offered by The Center, Dr. Kohli and his associates.

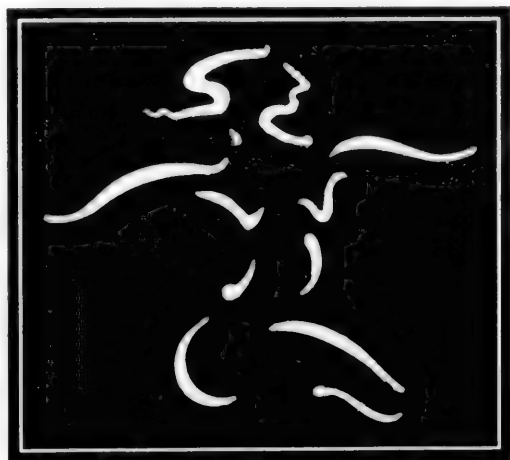
After having these procedures, Chantal's outlook on wearing more revealing clothes has changed dramatically. Where the activities of summer, such as going to the beach and wearing shorts, has always disturbed her, now she feels quite at ease since her concern has been addressed.

Chantal chose to have Dr. Kohli perform the procedure because of results she saw in other patients and his qualifications and experience in the community. The Center's staff believes that in order for patients to be informed about the procedure they are about to undertake, it is important to learn from the experiences of

others. At the Center, Dr. Kohli and his staff are always willing to put patients in touch with other patients who have undergone similar procedures and are willing to volunteer their time to help inform others. Another way the Center allows patients to be as informed as possible is by offering a free computerized imaging session, where one can see how the results of a procedure may look before any treatment.

In addition to Sclerotherapy and computerized imaging, the doctors at the Center offer all cosmetic, reconstructive, laser procedures, as well as hand surgery. These include aesthetic surgery of the nose, face lift, breast augmentation/reconstruction/reduction, hair transplants, laser resurfacing, laser mole and tattoo removal and much more. At the Center's Stoneham location, beyond plastic surgery, other available services include cosmetic dentistry, cosmetology, electrology and behavior modification and holistic therapy. By calling (800) 544-4414, anyone can request information on any of the above procedures, schedule for free computer imaging or schedule a consultation appointment.

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Most plastic surgery today is comfortable and affordable. Normally you can complete the process without hospitalization or even general anesthesia. Most procedures are non-invasive, requiring minimal time for full recovery.

Call for More Information or a Free Computer Imaging Session



HEALTHY HEART

Would you know if you were having a stroke?

Despite years of alerting Americans to heed the warning signs of stroke, experts are not getting the message through to most people.

According to the American Heart Association, stroke will strike 500,000 Americans each year, and of those, the disease will kill about 150,000. Unknowingly, thousands of others may be experiencing "mini-strokes" and not seeking medical attention because they don't realize that what's happening to them is life-threatening.

The warning signs of stroke – sudden weakness; numbness of the face, arm or leg (especially on one side of the body); difficulty speaking or understanding speech; sudden dimness or loss of vision; sudden severe headaches with no known cause; and unexplained dizziness, unsteadiness or sudden falls, especially along with any of the previous symptoms – can be easily mistaken for something else.

By thinking "this can't happen to me," people at high risk for stroke can dangerously fool themselves into believing they're not having a stroke

Knowing the warning signs of stroke is important.

when one occurs.

Knowing the warning signs of stroke is important. If you act fast and see a doctor right away, you could prevent a major stroke or save your life.

Although stroke is a serious disease, thousands of people have experienced "mini-strokes" or have suffered complete strokes and have recovered to lead normal lives.

For example, in 1984, Bob Nichols, a news anchor in West Palm Beach, Fla., was forced to temporarily leave television due to a stroke. At the age of 31, he was left with no speech or short-term memory and left-side paralysis.

Ten years later he experienced a second stroke. However, having learned the early warning signs and having recognized them when his sec-

ond stroke happened, he was quickly diagnosed by his physician and aggressively treated. Because he sought immediate medical attention and – through physical therapy, diet and medication – worked to prevent additional strokes, Bob has almost completely recovered.

If you or someone you know has experienced a stroke or "mini-stroke," make sure you discuss appropriate therapies, such as exercise, diet and

medication (which can include aspirin, warfarin or ticlopidine), with your doctor.

For information on stroke prevention and recognizing warning signs, call 1-800-935-5762, a service brought to you by Hoffman-La Roche. If you or someone you know has had a stroke, call the AHA Stroke Connection "warmline" at 1-800-553-6321 and ask for the post-stroke information packet.

Heart benefit is linked to alcohol

In the first comprehensive review of the scientific research on the impact of specific types of beverage alcohol on coronary heart disease, researchers from the Harvard School of Public Health have concluded that moderate consumption of all beverage alcohol – distilled spirits, beer or wine – is associated with a lower risk of coronary heart disease.

Published in the *British Medical Journal*, the article states that a "substantial portion of the benefit is from the alcohol rather than other components of each type of drink." The conclusion clearly refutes the

misperception that wine is the only type of beverage alcohol that may confer a cardiovascular benefit.

America's distillers do not recommend that consumers drink beverage alcohol for health reasons, and there is a body of literature on the reported risks of beverage alcohol consumption generally. Further, it is commonly known that alcohol abuse can cause serious problems. But for the 100 million Americans who drink responsibly, studies report that there may be a potential benefit from the moderate consumption of distilled spirits, beer or wine.

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- We're one of only a few community hospitals in the United States to perform a pallidotomy, a delicate brain surgery performed on conscious patients to reduce the rigidity and slow movements caused by Parkinson's disease.



- Holy Family is also one of the few facilities in New England to offer prostate seed implant therapy—a breakthrough treatment for prostate cancer that often provides exceptional results with few or no side effects.

- Our stereotactic breast biopsy procedure is one of the latest advancements in breast care and provides a relatively pain-free and accurate biopsy without major surgery.

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Continuum of care: Peace of mind for seniors and their families

As the 75+ population continues to grow at an unprecedented pace, so has the range of housing and care options available to seniors. Seniors want to remain as independent as possible and want choices for their future. Adult children find it difficult to manage a family, work, and the care of a parent and need alternatives. In the Merrimack Valley, the A.D.S. Group has been a leader in providing quality, comprehensive care to seniors for more than 30 years. As the aging population grew and the traditional family structure changed over the past years, A.D.S. responded with an expansive range of housing and services to accommodate the changing needs of seniors and their families.

One of the biggest concerns facing families is what to do when a parent or loved one's needs change. Whether the need is for in-home services, assisted living, nursing and rehabilitation, or special care programs, the A.D.S. Group eliminates the guesswork by offering a full continuum of care.

In the Andovers, *SeniorSource* has recently emerged as a resource for seniors who want to remain in their homes by providing personal and household services.

"We know that locating needed services can be both frustrating and time-consuming," said Andrea Cohen,

director of *SeniorSource*. "We also know from personal experience how hard families work to keep their loved ones at home and how difficult it can be to ask for help."

SeniorSource's unique approach to care solves these problems by simplifying access to all the services an elder may need to stay at home. With a single phone call, *SeniorSource* members can find all the help they need, from homemakers and companions to home repair services, transportation, errand services and much more.

Isolation, depression, lack of proper nutrition, are just a few concerns which arise when a parent or loved one's social and personal care needs are no longer being met at home. Assisted living communities are a relatively new housing alternative for seniors combining independence with personal care in a warm, dignified community setting. Heritage at North Andover is rental assisted living community which offers seniors the privacy of their own apartment and an expansive variety of services. Three nutritious meals per day, weekly housekeeping, social programs, 24-hour security, scheduled transportation – as well as assistance with personal care, such as: bathing, dressing, and medication reminders – are just few of the many services provided at Heritage.

Most importantly, as residents' needs change, the staff at Heritage at North Andover works with each resident and their family to assure the proper level of care is provided. Whether additional services are necessary within Heritage or more specialized care is required in a skilled setting, the staff at Heritage is able to accommodate the changing needs of each resident through the A.D.S. network of elder care services throughout the Merrimack Valley.

Within the A.D.S. continuum of care in the Andovers, Sutton Hill Nursing and Retirement Center provides a continuity of senior care accommodations under one roof. The Retirement Center at Sutton Hill accommodates seniors who may require more extensive personal and health care services than available to them at home or in a traditional assisted-living setting, yet are not quite ready for 24-hour skilled nursing care. In addition, Sutton Hill provides for seniors who have short-term rehabilitative needs and those who may require long-term nursing care.

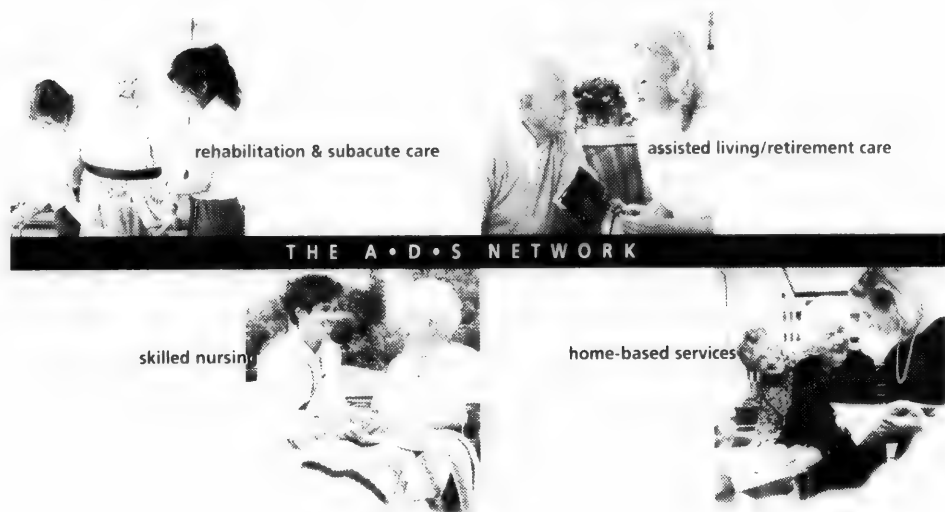
"We understand that everyone's needs are different," states Kathy LeMay, administrator of Sutton Hill. "Our personalized approach encourages residents to think positively and work toward their goals at their own pace."

When it comes time for skilled

nursing care or rehabilitation services, families want a facility with a solid reputation for excellence and the warmest, most knowledgeable people to provide care. For almost 20 years, Prescott House has been providing exceptional service and care to seniors in the Andover area. Opened in 1977 by the Solomont family, A.D.S. continues the tradition of providing the finest care to seniors in a warm, elegant environment. Beyond the distinguished building with its stately elegance, gracious appointments and beautifully landscaped grounds, Prescott House offers the clinical expertise and quality care seniors and their families expect.

Unlike several years ago, seniors and their families can now choose from a variety of housing and care options. The A.D.S. group is one of the few companies that provide a full continuum of care, from in-home services, to assisted-living communities, to rehabilitative services, to long-term and skilled nursing care. A continuum of care means peace of mind for seniors and their families.

One of the largest long-term care providers in the Northeast, The A.D.S. Group provides management, consulting and development services for hospitals, nursing homes, subacute care units and assisted living communities. For more information please call 1-800-804-4494.



You May Have More Elder Care Options Than You Think

With our senior population growing at an unprecedented rate, so has the need for greater and more diverse elder care solutions. With The A•D•S Group's proven commitment to building networks of post-acute elder care services in local communities, no one else offers a more comprehensive continuum of elder care-focused services.

Assisted Living/Retirement Care - innovative communities for elders who need care-enriched housing to live independently.

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SUMMER HEALTH

Take the sting out of hiking and camping

Bugged by summer? Protecting yourself and your family from bites and stings goes farther than preserving comfort and peace of mind. If you have an allergic reaction, a bee sting can be deadly. Ticks can cause Lyme disease. And mosquitoes in many states can carry encephalitis; in California they can carry malaria.

How do you take that dangerous sting out of hiking and camping? Here, from the staff at Littleton, N.H.-based Tender Corporation, a manufacturer of insect repellents, are some suggestions.

- If you're planning to spend the day outdoors, avoid using scented soaps, lotions and shampoos. They attract bugs and bees.

- Cover your skin as completely as possible. Wear shoes, long sleeves and long pants with the cuffs tucked into socks.



And don't wear blue – mosquitoes are attracted to it. Khaki and other neutral colors offer the best protection.

- Apply the proper insect repellent to clothing and uncovered skin.

- If you're concerned about using chemically based repellents, choose one with citronella as its active ingredient. Citronella is derived from plants and has been used safely for centuries.

- Remember that different insects are active at different times of day. Blackflies are prevalent in the morning, mosquitoes tend to bite at twilight and deerflies are most active at midday.

- Also remember that children are easy targets because they're close to the ground. Once bitten, use an after-bite-type treatment to reduce the risk of secondary infections from scratching.



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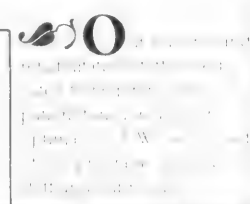
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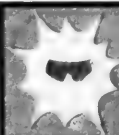
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SUMMER HEALTH

Protect skin while out in the garden

While gardening continues to grow as one of America's favorite leisure activities, it can also expose the gardener's skin to many hazards. Here are a few of the risks gardeners face and some easy ways they can protect themselves.

- **Sunburn.** Studies show exposure to the sun is the primary cause of skin cancer. This year, 500,000 people will develop skin cancer and one in seven will develop it some time in their lives.

Also, the sun "bakes" the proteins in your skin, which can cause wrinkles, dryness, broken blood vessels and age spots.

- **Contact Dermatitis** is a rash which develops after the skin is in contact with a foreign substance in the garden. It can be the result of an allergic reaction to poison ivy, sumac or oak. Plants found in and chemicals used in the garden might also cause this condition.

- **Infections.** Bacterial infections can develop in cuts, splinters, insect bites, sunburn blisters or abrasions. These infections are caused by a vari-

ety of microorganisms such as ringworm or sporotrichosis. Infections can often be treated by antibiotics, so see your doctor.

- **Eczema.** Exposure to wetness, cold and wind can cause skin to redden, peel, crack or chap.

- **Lyme Disease.** Although this is not solely a skin disorder, a rash is one of the early warning signs. The disease is caused by a microorganism introduced by the bite of an infected deer tick. A victim may experience flu-like symptoms followed by more severe, long-lasting symptoms if the disease is not treated. A brochure with more details is available from the American Lyme Disease Foundation, Inc. Call 1-800-876-LYME.

To protect yourself from these and other dangers that lurk in home gardens, the American Skin Association suggests the following:

- Stay out of the sun between 10 a.m. and 3 p.m. or try to work in shady parts of the garden during peak hours.

- Wear clothing that protects your skin - hats, gloves, long-sleeved,

shirts, long skirts or pants.

- Use a sunscreen with a sun protection factor (SPF) of 15 or higher.

- Wear light cotton glove liners under rubber gloves to avoid skin contact with rubber.

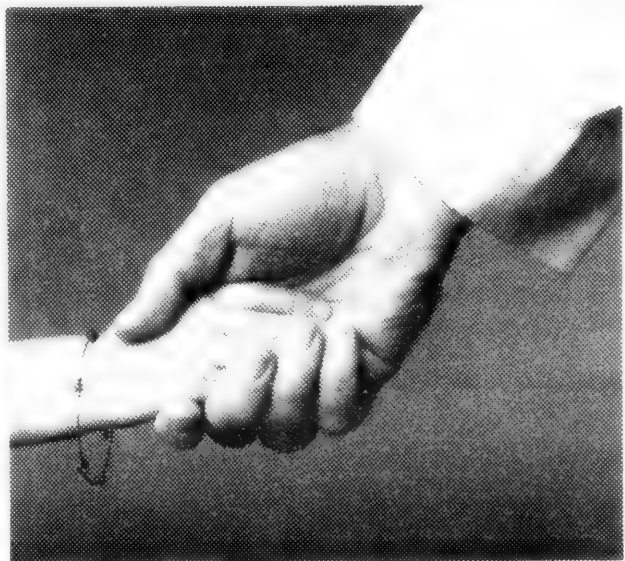
- Learn to recognize and avoid sources of contact dermatitis including certain plants and insecticides.

- Be aware of open sores. If you notice one, rinse it clean, treat with an antibiotic ointment and cover the area with a dressing or bandage.

- If you go to a doctor for treatment, remember to mention you are a gardener. This might help in making a proper diagnosis.

- Apply moisturizer every time you work in the garden.

For more information on gardening and skin care, write to the American Skin Association, 150 East 58th Street, New York, N.Y. 10155-0002.



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SUMMER HEALTH

Many people spend time in emergency room during summer

This summer, many people could end up spending a lot of unnecessary time in the emergency room rather than out in the sun, according to a recent survey.

The survey by Aetna Health Plans of Metro New York revealed that most visits to New York hospital emergency rooms can be attributed to cuts, sprains, eye injuries and other summer emergencies including bee stings. These preventable accidents account for 50 percent of summertime visits to the emergency room.

Gerald J. Russo, M.D., medical director for Aetna Health Plans, said, "We surveyed our records and learned that the increased physical activity in the warmer months puts people at more risk for injury. But in many cases, basic precautionary measures can reduce the potential for accidents."

Stop and think

With all summer accidents, a good rule of thumb is to stop and think before rushing to the emergency room. Typically, an average wait in the emergency room for non-life-threatening accidents will be much

longer than if you went to your family doctor.

"An added benefit of choosing your physician over the emergency room," says Dr. Russo, "is that family physicians can put the injury into the context of the patient's overall health history. This is particularly important with allergic reactions to some types of medications."

Based on the data, Aetna Health Plans has developed a list of the most common preventable accidents:

1. Lacerations. Open wounds and cuts account for approximately 12 percent of emergency room visits by Aetna members. The causes? Gardening accidents, trying to do too much in one weekend or operating dangerous power tools when tired.
2. Ankle sprains. Weekend athletes pay the toll in ankle sprains, which surprisingly account for 3 percent of emergency room visits among Aetna

patients. Physical activities such as basketball, tennis or racquetball require a lot of stop-and-go movement and tend to put added pressure on the ankle.

3. Cornea abrasions. A third common cause of visits to the emergency room is eye injuries from sports, gardening or home projects.

Metro New York is one of Aetna Health Plan's largest single markets.



How to stay away from the emergency room

Here are some tips from Aetna Health Plans of Metro New York that could save you some fun-in-the-sun time.

- To avoid lacerations or cuts, wear gloves and protective clothing when working with tools.
- Operate equipment as recommended by the manufacturer and in the appropriate setting.
- During recreational activities

such as in-line skating or bicycling, follow instructions and wear the right clothing.

- Guard against ankle sprains by using the correct footwear. Basketball shoes give more support to the ankles, running shoes should be used by even the most casual of joggers and hikers have special footwear needs.

- Always play, run or hike to your ability level.

- Warm up before playing. Stretching exercises help warm up muscles and can help reduce the risk of injuries.

- To prevent cornea abrasions, always shield your eyes with goggles or protective glasses when working with power tools or playing racquetball and other ball sports.

- If you are allergic to bee stings, be alert and careful around areas where bees nest. Bees generally sting only when provoked.

- There are commercial kits available for the treatment of allergic reaction in the event of an emergency. Contact your physician for information on such kits.

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Simply dial the local line, 454-TEST in Lowell or 475-8838 in Andover, from a good-quality phone in a quiet room. The screening takes minutes and the results are immediate.

The test is not diagnostic, but it allows individuals with hearing difficulties to confirm that a hearing problem may exist. The next step is to schedule a full evaluation with the office.

If you know of anyone with a concern about their hearing, please encourage them to make this important call.



WOMEN'S ISSUES

Mammography is more accurate for fatty breast tissue than dense tissue

Younger women at risk for quickly progressing breast cancer should have annual screenings

The sensitivity of modern mammography works best for women 50 and older and among post menopausal women irrespective of age, probably because a greater proportion have primarily fatty breast density and slow-growing breast tumors, according to an article in a recent issue of *The Journal of the American Medical Association* (JAMA).

Karla Kerlikowske, M.D., from the Department of Epidemiology and Biostatistics, University of California, San Francisco, and colleagues studied 28,271 women aged 30 and older to determine factors that influence the accuracy of mammographic screenings and 26,057 women to determine the sensitivity, specificity and likelihood ratios for modern screening mammography by age and test results.

In this study, sensitivity is the ability of mammography to identify

Among women younger than 50 years, women with a family history of breast cancer had the lowest sensitivity for screening mammography. The lower sensitivity in younger women may result from a greater proportion of invasive breast cancers being aggressive and, therefore, growing more rapidly.

all breast cancers, specificity is the ability of mammography to detect only breast cancers and not other

nonmalignant lesions, and likelihood ratio is the likelihood that a woman with an abnormal mammogram has breast cancer.

The authors write: "Our results suggest that the sensitivity of modern screening mammography to detect invasive breast cancer is lower among women younger than 50 years than in women aged 50 years and older when one year was allowed for the detection of breast cancer and even lower when two years was allowed for the detection of breast cancer."

They continue: "Among women younger than 50 years, women with a family history of breast cancer had the lowest sensitivity for screening mammography. The lower sensitivity in younger women may result from a greater proportion of invasive breast cancers being aggressive and, therefore, growing more rapidly."

Continued on page 21

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WOMEN'S ISSUES

Myths and facts of breast cancer screening

Breast cancer will strike 184,000 women this year. It attacks women of all ages and socioeconomic groups, according to the National Cancer Institute.

While diagnosis years ago meant almost sure death, sophisticated early detection and treatment techniques have improved survival rates. In fact, for the first time since NCI has been keeping track, deaths from breast cancer decreased between 1989 and 1992.

Still, all too many women fail to take advantage of the early screenings that could save their lives. Here

are some of the myths that keep women away from breast cancer screenings – and the truth about the screenings from the Cancer Information Service:

Myth: Without symptoms, there's no need to be screened.

Truth: Breast cancer is most treatable in its earliest stages, when tumors are too small to be felt but can be found by mammography.

Myth: Mammography is too expensive for women who do not have health insurance.

Truth: Many health departments and hospitals offer free breast cancer

screenings.

Myth: There is no cure for breast cancer.

Truth: When their cancer is detected and treated early enough, many women can expect to live a long time.

Myth: Treating breast cancer means losing a breast.

Truth: When cancer is caught while the tumor is small, doctors can often use less radical treatments.

Myth: There's nothing you can do to prevent cancer.

Truth: There are steps you can take to lessen your risk. One is to eat a healthy diet low in animal fat and

high in vegetables. Also, exercise regularly and keep your weight under control.

But remember, early detection – with mammography, physical exams and breast self-exams – is the key to survival.

The Cancer Information Service is the voice of the National Cancer Institute. From its 19 offices nationwide, CIS dispenses the latest information on cancer treatments, early detection, supportive care and clinical trials. More than 2,400 people call its toll-free number (1-800-4-CANCER) each day.

Infection may play role in development of cervicitis

A recent study has found that the most widespread vaginal infection in the United States, called bacterial vaginosis (BV), may also play a role in the development of cervicitis, an inflammation of the cervix that affects an estimated 800,000 women each year. This finding adds to the growing number of health risks now associated with BV.

Although BV is less well known than yeast infection, it is actually

more common and requires professional diagnosis and prescription therapy. Moreover, mounting scientific evidence has linked this condition with such increased health risks as pelvic inflammatory disease, postoperative infection, abnormal cytology and susceptibility to sexually-transmitted diseases.

According to a recent study published in the medical journal *Infectious Diseases in Obstetrics and*

Gynecology, as many as 50 percent of women with cervicitis may also have BV. In women with the combined conditions, the study found that treatment of both BV and cervicitis was necessary to eliminate the cervicitis, suggesting a relationship between the two diseases.

While the cervical inflammation was resolved in 86 percent of those receiving treatment for both conditions, only 53 percent of those who

received cervicitis medication alone were cured. Since the respective antibiotics for cervicitis and BV are both associated with gastrointestinal side effects when used in oral form, researchers prescribed an intravaginal antibiotic formulation known as MetroGel-Vaginal to treat the BV.

Outward symptoms of cervicitis may include a yellow vaginal discharge and vaginal bleeding. The out-

Continued on page 21

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WOMEN'S ISSUES

Mammography ...

Continued from page 19

The authors report: "There is disagreement on whether to recommend screening mammography among women aged 40 to 49 years, because of varying opinions about the adequacy of screening mammography trials to date...Our results suggest that a higher proportion of invasive cancers among women aged 40 to 49 years may be detected by annual screening than by biennial screening."

They conclude: "This suggests

that more interval cancers (cancer that occurs between screening test) will occur if younger women are screened every two years rather than annually."

"Additional improvements in the technology of mammography may not greatly improve the accuracy of screening mammography for younger women. Decreasing the interval between screenings to every 12 months, however, might improve the sensitivity (of mammography for) this group."

Infection may play role ...

Continued from page 20

ward signs of BV may include a milky white or gray vaginal discharge, an unpleasant fishy odor and sometimes vaginal itching or burning. However, the symptoms of vaginal infections may vary or even be absent.

Because of the increased health risks associated with BV, physicians urge women with vaginal symptoms to seek professional diagnosis and appropriate therapy rather than

treating themselves with nonprescription remedies for what they may assume is a yeast infection or other minor problem.

In addition, increasing knowledge of the potentially serious health consequences of BV has led growing numbers of medical professionals to advise women to request a check-up for vaginal infection as part of their annual gynecological examination. This can be conducted with simple, low-cost testing procedures in the doctor's office.

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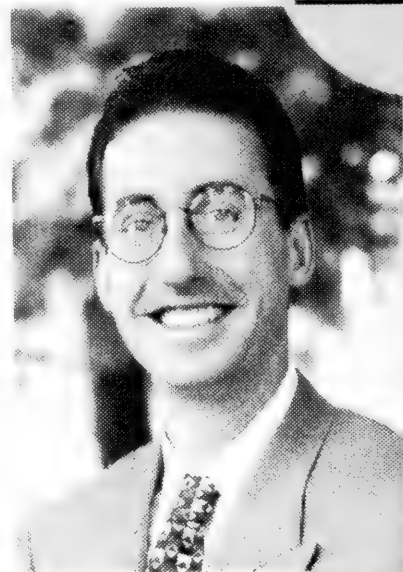
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GENERAL HEALTH

What to do in a medical emergency

Knowing what constitutes an emergency, where to get help and what to do while you're waiting for help can save a life.

Here are some tips from the American College of Emergency Physicians.

First, remember that prevention remains the best cure. Get routine medical and preventive care from a family doctor. Getting necessary immunizations and treating minor illnesses before they get serious can minimize visits to the emergency department.

Learn how to recognize emergency warning signs.

Some warning signs of a medical emergency include difficulty breath-

ing or shortness of breath, chest or upper abdominal pain or pressure, fainting, sudden dizziness, weakness or change in vision, confusion or change in mental status, sudden severe pain, bleeding that won't stop, severe or persistent vomiting, coughing up or vomiting blood, suicidal or homicidal feelings.

Know where to get help. If your community has the 911 emergency number, dialing it will put you in touch with emergency medical help.

Not all communities use this system, so be sure you know which number to use and keep it posted near the phone. Even small children can be taught to dial an emergency number.

Learn what to do until help arrives.

Knowing CPR and choking rescue procedures is important, especially if you have small children in the house. Your local American Red Cross or American Heart Association chapter may offer these courses. It is also important to know the basics of first aid, so you can stop serious bleeding, manage shock or handle fractures until emergency help arrives.

It's also important to know what not to do.

While it's smart to keep Syrup of Ipecac in the house in case your child swallows poison, it should not be used with all poisons. Call the Poison

Control Center or the emergency department for advice.

Never move anyone who is unconscious or has struck his head or was injured in a car crash, unless he or she is in danger.

When treating burns, don't use ice or butter or petroleum jelly. If burns blister, are large or deep, get immediate emergency help.

Free brochure

For a free brochure about emergency medical help, send a self-addressed-stamped envelope to: Seconds Save Lives, American College of Emergency Physicians, 1111 19th St., N.W., Suite 650, Washington, D.C. 20036.

What if your hair were to fall out in patches?

A hair-loss disease called alopecia areata can affect people of all ages, but most often strikes young people.

Imagine that your hair – or worse, your child's hair – began to fall out in

patches, leaving only islands of hair sprouting from his or her scalp.

What if it spread to cause complete hairlessness over the entire body? What would life be like for you?

This is a real disease that does not

threaten life, yet it often causes one of the most uncomfortable of human emotions: humiliation, provoked by ridicule and ignorant scorn.

The disease is called alopecia areata (alo-pee-shee-ya ah-ray-ah-ta) and several million Americans have a

mild or severe form of the ailment. Children are often among those it strikes, and parents are often deeply concerned about its effects on a child's confidence and ability to socialize.

It can even threaten the livelihood

Continued on page 23

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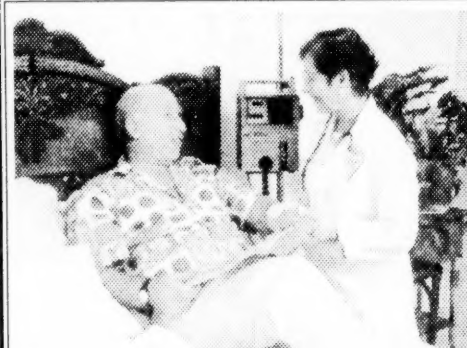
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GENERAL HEALTH

Quick home test allows early detection of colorectal cancer

This year, 155,000 Americans, or one of every 25 people in the United States, will develop colorectal cancer. About 63,000 of them will die. In fact, colorectal cancer is second only to lung cancer in its frequency as a killer.

And men aren't its only victims. Experts say it affects men and women in almost equal numbers.

But unlike lung cancer, colorectal cancer is curable if caught soon enough. New home tests are now available to help you see if there is

hidden blood in the stool — one of the earliest warning signs of colorectal cancer.

EZ Detect, for instance, by Biomerica is 99 percent accurate, sanitary and requires no diet restrictions. The product is available at drug stores such as CVS, Savon, Osco and Walgreens.

To use the test, you simply drop a test pad into the toilet after a bowel movement. If blood is present, a blue-green colored cross will appear on the pad within two minutes. Each kit

contains five test pads, so the test can be done at least three different times to increase the probability of detecting blood. People with positive tests should see their doctors as soon as possible.

Occult (hidden) blood can also be an early sign of problems such as ulcers, hemorrhoids, polyps, colitis, diverticulitis and fissures. In their earliest stages, none show symptoms, but all are treatable.

Colorectal cancer begins in the lower portions of the gastrointestinal

tract. It is most common in people over the age of 40. Risk factors include a family history of the disease and polyps, a diet low in fiber and high in fat, and a personal history of inflammatory bowel disease.

The American Cancer Society recommends annual testing for people over 40.

For information about the EZ Detect home test, ask your pharmacist, or call 1-800-854-3002.

EZ Detect is a registered trademark of Biomerica.

What if your hair were to fall out in patches?

Continued from page 22

of adults. The classic case is a popular television host who was fired when he removed his wig on camera to share the realities of his alopecia areata with his audience.

The National Alopecia Areata Foundation (NAAF), a nonprofit organization that sponsors education, research and information about the disease, fields some of these frequently asked questions:

Who gets it?

Young people are affected most often, although anyone of any age or gender can get it.

What are the signs?

Patches of hair, usually on the scalp, begin to fall out in clumps. The result is often quarter-sized, round, smooth bald spots. This can also be seen in the beard, the chest, or any hair-bearing part of the body. In severe cases, the entire body may become hairless.

What causes it?

Researchers don't know, but evidence is growing that it is related to other diseases involving the immune system. A genetic component is suspected. Interestingly, the hair follicles are not dead but just dormant. All the hair can regrow fully again, and it can fall out again, at any time.

Are there treatments?

Yes, several. These include corticosteroids, minoxidil, anthralin and various ways of "toning down" the

immune system that can be performed only by dermatologists. None of these treatments constitutes a cure.

What research is going on?

The NAAF has funded and sponsored more than \$2 million in research studies and distributes information about the ailment worldwide. For more information about alopecia areata, write NAAF, P.O. Box 150760, San Rafael, CA 94915-0760, or call (415) 456-4644.



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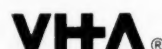
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